ΨΥΧΡΟΛΟΥΣΙΑ:
OR, THE

# HISTORY
OF
# Cold Bathing:

## Both Ancient and Modern.

In Two PARTS.

The FIRST, Written by
Sir JOHN FLOYER, of *Litchfield*, Kt.

The Second, Treating of the Genuine Use of
HOT and COLD BATHS.

Together with
The wonderful Effects of the *Bath Water*, drank hot from the *Pump*, in decay'd *Stomachs*, and in most Diseases of the *Bowels*, *Liver* and *Spleen*, &c.

Also proving,
That the best Cures done by the *Cold Baths*, are lately observed to arise from the Temperate Use of the *Hot Baths* first.

By Dr. EDWARD BAYNARD,
Fellow of the College of Physicians, *London*.

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*Swynfen Jervis*
of the Middle Temple, *Esq!*

# To the Right Worshipful the ROYAL COLLEGE of PHYSICIANS, *London.*

*Learned and Honoured Sirs,*

THE Design of this *Essay* being to recommend the *Ancient Pseuchrolusia* to the present Age, I most humbly beg the Protection and Favour of your Learned Society, whose great Endeavours are to revive all old Practices useful to Mankind, as well as to invent new ones.

Many Ancient Practices in Physick have been lately revived in *England*, such as Copiose Phlebotomy; the want of which made Pleurisies very fatal in *England*, as *Polydore Virgil* observed them formerly to be. This was an Ancient Practice in

*Galen*'s time, who bled (for Pains and Inflammations, and Rheumatisms, which he call'd *Inflammatory Lassitudes* in his Treatises of preserving Health, till the change of the Colour of the Blood, or *ad Animi deliquium)* many pounds at one time.

*Cælius Aurelianus* mentions the drinking of the Nitrous Purging Water, and the Sulphurous Bath, and Chalybeate in *Italy*; and these but of late Years have come into frequent use in *England*.

Cupping was always used by the Ancients instead of Phlebotomy upon all occasions, and but little use has been made of them till very lately, till the Instruments were much improved by the Philosophy of the Air-Pump: But I fear the Ancient Rules about it are disused, and therefore some ill Accidents will in time condemn the present use of Cupping without general

Eva-

Evacuations preceding. But there are yet many uſeful Practices not yet revived, ſuch as the old *Gymnaſtick* Art and Frictions, by a Strigil or dry Spunge, by which the Circulation of Humours, the Nutrition of the Body, and the opening of the Pores were much promoted: And the exact Method of Dieting in all Diſeaſes is not reſtored yet.

In Bathing the *Greeks* and *Romans* uſed many excellent *Smegmata* to cleanſe the Skin, and cure Leprous Scabs; they uſed alſo Oyls and Oyntments after Bathing, to defend the Skin againſt the Senſe of Cold Air, as well as to ſoften it.

None of the noble Structures for their *Hot Baths* were made by the *Romans* without a *Cold Bath* or *Piſcina*, and the uſe of *Cold Bathing* after Sweating in the *Hot Bath*, is not yet commonly practiſed in *England*.

I do eſteem *Cold Bathing* a very ancient as well as uſeful Practice, which ought therefore to be reviv'd; and tho' that has always been practis'd in *England*, yet for 100 Years paſt, it has been much diſus'd; for which I will give you the moſt probable Reaſons, after I have obſerv'd the Antiquity of *Cold Baths* here; And I will add theſe two farther Remarks, that they will prove uſeful for the Prolongation of Life, and be uſeful to other *Animals* as well as to Mankind; and at laſt ſhew the ſeveral Methods whereby *Cold Bathing* has been improv'd.

No part of *Phyſick* is more ancient than *Cold Bathing*, ſince we find many Deſcriptions of its good Effects in our oldeſt Authors, *Hippocrates*, *Celſus*, *Cælius Aurelianus*, and *Galen*: And to aſſert the uſefulneſs and ſafety of the *Cold Baths*, I could inſtance in *Auguſtus* and *Horace*, who uſed them by the Advice

of *Muſa*. *Pliny* and *Seneca* teſtify of the Uſe of them; and *Lampridius*, that the Emperor *Severus* practiſed *Cold Bathing* for the *Gout*, who died here, *Anno Ch.* 213. And that *Cold Baths* were anciently uſed in *England*, may be proved, becauſe all the Northern Nations uſed that Method for fortifying themſelves againſt their Cold Air. And ſince the *Romans* uſed it from *Auguſtus*'s time till *Severus*, the *Britains* could not be ignorant of the Cuſtoms of their Governours during that time. Beſides, none of our Hiſtories can give us any late Original of our Bathing in St. *Winifred*'s and St. *Mongah*'s Wells. And ſince the *Baptiſmal Immerſion* continued till the beginning of the laſt Century, that Religious Ceremony would teach the People that *Cold Baths* were ſafe and uſeful; and becauſe they ceaſed together, we may affirm that they did mutually preſerve one another.

No Subject can give a clearer Evidence, how eaſily new Opinions can change the beſt and ancient Practices, both in *Religion* and *Phyſick*, than this, for the Logical Notion about the *Form* and the *Eſſence* of *Baptiſm*, inclin'd the Age under King *James* I. to an indifferency as to *Dipping* or *Sprinkling*, which he ordered to be ſo expreſſed in the *Catechiſm*; but this gave too much Encouragement to the *Puritan*'s *Sprinkling*; and about the *Reſtoration*, the words *Dipping* or *Sprinkling* were left out of the *Catechiſm*.

The *Directory* condemns the *Baptizing* in the place of *Fonts*, as Superſtitious, and ordered *Baptiſm* in the middle of the *Congregation*, and ſets too little Value on the outward *Baptiſm*, but declares *Pouring* or *Sprinkling* of *Water* ſufficient for a *Sign* or *Seal* of the *Covenant*. To theſe two Reaſons, I impute the diſuſe of *Immerſion*, which if it had

continued, it would have prevented many new vain Niceties and Disputes concerning *Baptism.* And that this was the Ancient Constitution of the Church of *England*, appears by the first Book of *Edward* VI. Where the *Rubrick* expressly commands the manner of *Dipping*; and in one of the Prayers of *Baptism* says, *Grant to all them, who at this Fountain forsake the Devil*, &c.

St. *Augustine* in his Book, *De Civitate Dei*, Lib. 22. assures us, That great Miracles were done by the Sacrament of *Baptism* in his Days; and mentions the Cure of the *Gout*, the *Palsy*, and *Tumours* thereby. This I mention to encourage the reviving of that laudable old Ceremony of *Trine Immersion.*

But by way of Caution I must premise, that I will not concern my self in any *Theological* Disputes, whether *Immersion* be Essential to *Baptism?* Or whether it be in the

Power

Power of the Church to alter it? Neither will I determine againſt the Validity of *Baptiſm* by Aſperſion: Theſe Diſputes being beſides my purpoſe. For all that I ſhall aim at, is to ſhew, that *Immerſion* was generally practiſed by the Ancients, and that in this Church it continued in uſe till the beginning of the Laſt Age, and that there is not that Danger in it as Parents apprehend; but inſtead of prejudicing the Health of their Children, *Immerſion* would prevent many Hereditary Diſeaſes, if it were ſtill practiſed.

The Reaſons for the diſuſe of *Cold Bathing* in the laſt Century, were theſe.

The Ignorance of the People in Matters of *Phyſick*, who uſually take that as well as their *Doctors* from the common Vogue, which is always altering and changing; and it was then the Intereſt of the *Chymical Doctors* to recommend themſelves

ſelves by new *Notions*, new *Methods* and new *Medicines*, and they therefore rejected and cried down all the old Opinions and Practices. They imputed all Diſeaſes to *Crudity* and *Acid Salts*, and taught that they muſt be cured by volatile and fixed Salts, by *Chymical Eſſences* and *Strong Tinctures* of *Mineral Sulphurs*, and *Brandy-Spirits*, which they did aſſure the World did ſtrengthen *Nature*, and purify the *Blood* by *Perſpiration*, and they wholly deſpis'd all the *External Regimen* preſcribed in *Galenick* Authors as unneceſſary: and *Cold Baths* ought to be eſteem'd the moſt conſiderable part of the *Cold Regimen*.

It is alſo very probable, that the change of Religious Opinions had no ſmall influence in the uſe of *Cold Baths*; for anciently the Virtues of the *Holy Wells* were imputed to ſome *Saint*, which the laſt Age did not credit, and therefore rejected the

the uſe of *Cold Baths*, with the Opinion of the Virtue of the *Saint*, after which came the diſuſe of the *Baptiſmal Immerſion* alſo.

Parents pretended the Danger of that Practice, as well as the Immodeſty; and they could not juſtify theſe *Prejudices*, without crying down *Cold Baths* as dangerous. And ſince they now farther object, that it never was the Cuſtom to *Immerſe* Children in *England*, I will give this remarkable Inſtance of the *Baptiſm* of King *Edgar*'s Son, *Etheldred*, in *Polydore Virgil*'s own Words, *Is dum baptizabatur, cum ſubito in ſacrum fontem confecti cibi reliquias ex alvo emiſiſſet, traditur Dunſtanus prædixiſſe ita futurum ut ille quandoque ingens patriæ incommodum dedecuſque afferret.*

I ſhall add one more Reaſon of the diſuſe of *Cold Baths*, which was the Increaſe and Intereſt of *Foreign Trade* in the laſt Century, which then

then introduc'd all the *Hot Regimen* from the *Hot Climates*, ſuch as *Tabaco*, *Tea*, *Coffee*, *Wine*, and *Brandy-Spirits*, and *Spices*, and theſe are unnatural to *Engliſh* Bodies; for a *Cold Regimen* is proper to *Cold Countries*, as the *Hot Regimen* for *Hot Regions*, becauſe they preſerve our Bodies in a State ſuitable to the ambient Air. If we ſtop the *Pores* by a *Cold Regimen* in *Hot Countries*, a *Fever* and *Fluxes* immediately ſucceed; and if we keep them open by a *Hot Regimen* in *Cold Countries*, *Defluxions* and *Intermitting Fevers*, and *Faintneſs* happen.

We cannot aſſign any other probable Reaſon, why *Pleuriſies* (which are Species of *Rheumatiſms*) were rare and unknown to *Phyſicians* in *Henry* VII. Days, and they as well as *Rheumatiſms* and *Rickets*, are now very frequent, unleſs it be, that formerly the *Engliſh* were uſed to a *Cold Regimen* and *Cold Baths*, but

but of late have diſuſed all the *Cold Regimen* for the *Hot*. I cannot here omit that judicious Remark of Sir *Walter Raleigh* upon the ſacred Story of the *Angel*'s Advice to *Sampſon*'s Mother, *To drink no Wine whilſt ſhe was with Child, That ſince Women with Child uſe too much Wine and Strong Drink, they bring forth feeble Children, and the whole Race of Strong Men is decay'd.*

I know the great Honour and Reſpect you have for the Opinion of the Lord *Verulam*, and ſhall endeavour to prove his Approbation of *Cold Bathing*, and that it exactly anſwers all the Rules and Indications he has obſerv'd for the Prolongation of Life. He tells us, *That the Prolongation of Life is chiefly to be expected from a right Regimen, and not from any particular Receipt or Food.* Now 'tis obſerv'd by all Nations, that a rational

uſe

uſe of *Baths* contributes much to the Health of the People.

The Lord *Verulam* orders the Application to be made to the innate Spirits for Prolongation of Life; and 'tis known by Experience, that *Cold Baths* act much on the *Spirits*, and preſerve them from *Evaporation*, and render them *Strong* and *Vigorous*: And he alſo directs us to alter the Parts by *Topicks*, ſuch are *Unguents*, *Frictions*; but *Cold Baths* do much more ſtrengthen all the Nervous *Parts*, and ſtop the Evacuation of *Humours*, and that alſo helps the *Circulation*, in which Life it ſelf chiefly conſiſts.

*Cold Baths* anſwer all his Intentions for the Prolongation of Life, becauſe they prevent the Depredation of the *Innate Spirits*, and alſo that of the *External Air*; the *Spirits* are made leſs Depredatory when condenſed; and for this

end

end he adviſes *Opiates* and *Nitrous Medicines*, but theſe cannot ſo effectually condenſe them as *Cold Baths* do, and they uſually cool and compreſs them, and thereby produce *Sleep*.

The outward *Air* is made leſs Depredatory by being leſs felt by the *Senſes* after *Cold Bathing*, and by the ſame the *Pores* are cloſed, and the *Air* in the *Humours* is much compreſſed and cooled, and rendered more ſuitable to a *Cold Atmoſphere*.

The following *Aſſertion* will more evidently ſhew his good Opinion of the *Cold Regimen*. He ſays, *That the Juices of the Body are made leſs depredable by an auſtere Courſe of Diet in a Life accuſtomed to Cold by ſtrong Exerciſes, and certain Mineral Baths. And I muſt add, that theſe muſt be* Cold *ones, and not* Hot, *which haſten Old Age, and ſhorten Life by* Evacuation *of* Humours. *I might inſtance*

ſtance in Sir *H. Coningsby*'s long Life; he being 88, and that he imputes to 40 Years uſe of *Cold Bathing*.

I ſhall next offer my laſt Remark, that the *Cold Immerſion* is uſeful to other *Animals* as well as *Mankind*; and ſince *Phyſicians* have learnt *Bleeding Gliſters*, and other *Medicines* from the *Phyſical Practice* of *Brutes*, we may alſo learn *Cold Bathing* from ſome of them, and its Uſes alſo.

*Ælian* affirms, That Wild Pigs will be vehemently convulſed by eating of *Henbane*, but by going into the *Water*, and by drinking of it, they will recover; and from hence we may learn the uſe of *Cold Baths* in Narcotick Poyſons and Sleepy Diſeaſes.

Our Water-Fowl uſually waſh themſelves in wet Weather. And *Celſus* recommends the Uſe of *Cold Baths* againſt Rainy Seaſons, which will cure the *Pain* of the *Limbs*, and

*Dulneſs* of the *Senſes* occaſioned before *Rains*.

*Canary-Birds* are ſubject to *Convulſions*, and they are uſually cured by *Immerſing* them into *Cold Water*. I was lately inform'd by a Lady, whoſe *Lap-dog* I had ſeen in *Convulſions*, that 'twas cured of them by being thrown into a Tub of Water: And by theſe two Inſtances we may obſerve the uſefulneſs of *Cold Baths* in *Convulſions*.

When I was at *Willowbridge*, I obſerv'd an old Country-man, who brought his *Mare* thither, after her being covered, and that he forc'd her into the *Water*, and afterwards threw *Water* all over her with a Bucket, which practice he told me was common on ſuch Occaſions: 'Tis certain that *Cold Water* contracts and ſtrengthens all *Nervous Parts*, and therefore *Cold Baths* have always been eſteemed uſeful againſt *Abortion*.

I ſhall next relate the Steps or Degrees by which *Cold Baths* were introduced.

The Art of *Cold Bathing* was certainly firſt invented by the *Common People*, who uſed it for the Preſervation of their Health, and fortifying themſelves againſt *Cold*, as other *Animals* do. The Prieſts farther improved this by applying it to *Divine Immerſion*, thereby to purify the Spirits, and to make them more Calm and Vigorous in *Devotion*. The *Ægyptians* and *Greek* Phyſicians obſerved, how far it contributed to the Cure of many Diſeaſes, which *Hippocrates* mentions, *Palſies*, *Convulſions*, *Hypochondriacal* and *Gouty-pains*, &c. The *Romans* alſo much improv'd this Art by uſing *Cold Baths* in the Winter, for which I will give you this Quotation out of *Pliny*'s *Natural Hiſtory*, Cap 29. *Hi regebant fata cum repente civitatem Charmis ex Maſſilia invaſit, damnatis*

*non ſolum prioribus Medicis; verum & balneis frigidaque etiam hybernis algoribus lavari perſuaſit, merſit ægros in lacus, videbamus ſenes conſulares uſque in oſtentationem rigentes.*

The *Engliſh* Nation has not been wanting to the improving of this *Art*, for they have diſcovered the *Cure* of the *Rickets* by it, and *Rheumatick-pains* alſo; and ſome uſe it in the Winter, as the *Romans* did. In *Staffordſhire* at *Willowbridge*, they have a more bold Practice than either the *Greeks* or *Romans* uſed; they go into the *Water* in their *Shirts*, and when they come out, they Dreſs themſelves in their *wet Linen*, which they wear all Day, and much commend that for cloſing the Pores, and keeping themſelves cool; and that they do not commonly receive any *Injury*, or catch any *Cold* thereby, I am fully convinc'd from the *Experiments* I have ſeen made of it.

I cannot yet find, that *Cold Baths* have been tried in many *Diſeaſes*, therefore we muſt imitate the Example of *Antonius Muſa*, and when *Hot Baths* fail, try by a *contraria Medicina*, *Cold Baths*, as *Pliny* calls them. And ſince the *Great Auguſtus* as well as other Learned *Romans* by their *Example* and *Authority*, encouraged the Practice of *Cold Baths*, ſo far, that they laſted during the *Roman* Empire; I hope to procure the Approbation of your Honoured and Learned *Society*, which would much contribute to the *Reviving* both the *Sacred* and *Medicinal Immerſion*. The Common People will teach one another, and be convinc'd by their *Experience*, but Learned Men are too apt to adhere to their own *Opinions*; and there is no other way to incline their *Judgments*, but your *Approbation*, who have a general *Knowledge* of the *Nature* and *Uſefulneſs* of all *Phyſical Things*. And

since I know I must meet with great *Prejudices* as well as *Abusive Reflections* in this Undertaking, I do here Appeal to your penetrating *Judgments*, and I question not but the Truth of what is said on this *Subject* will justify the *Design*. Tho' I must beg your *Pardon* for the many *Errors* and *Faults* I have committed. Who am, Learned and Honoured Sirs,

*Your most humble Servant,*

LITCHFIELD,
*October* 6. 1702.

JOHN FLOYER.

# The Antiquity of the Religious and Medicinal Immersions.

## LETTER I.

## *To the Learned Physician, Dr.* William Gibbons.

*SIR,*

I Design in this Letter to represent to you the great Antiquity of Cold Bathing, which I shall evidently prove, by reflecting on the Ancient Lustration begun by the Patriarchs, and afterwards imitated by the *Egyptians*, *Jews*, *Greeks*, *Romans*, and almost all Mankind, which both Sacred and Prophane Histories sufficiently testify: If the Religious Lustrations came from Revelation, a short use of them would sufficiently discover the Effects of Cold Water upon Immersion, which evidently Invigorates the Actions both of Body and Mind, and renders both more Sedate and Calm, and therefore well prepared for Devotion; but 'tis most probable that the Ceremonies of Washing

ing in Water, was a part of Natural Religion, invented by our Rational Faculties, and grounded on the Vertues of Cold Immerſion, which might by ſome accident be then diſcovered; the uſe of Water being ſo frequent, and the moſt natural and eaſy Method for cleanſing of the Body, and that was thought by the Common People to cleanſe away Sin; but by the Philoſopher to repreſent and produce an inward Purity in the Mind; for which reaſon all Mankind uſed to waſh themſelves before their Sacrifices, and both Religious and Medicinal Immerſions muſt be as ancient as Sacrifices themſelves.

The manner of purifying by Water ſeems as Ancient as the Flood; for *Plato* in his Third Book, *De Legibus*, affirms, That the Gods purified the Earth by the Flood; for which end they brought it on the Earth, and from this Opinion ſprang the Cuſtom of purifying by Immerſion Mankind as well as the Earth, which Opinion is favoured by *Grotius*, where he diſcourſes of Strangers initiated into Judaiſm by Baptiſm; *hanc opinionem arbitror fuiſſe inter inſtituta vetera orta poſt magnum diluvium in memoriam aquæ purgati mundi.* And St *Peter* calls Baptiſm an Anti-type to the Flood.

I will give you ſome Inſtances from the Divine Writing, whereby I may prove, That the Ceremony of purifying by Water was ancienter

ancienter than the Law of *Moſes*, and that it was practiſed by the Ancient Patriarchs; 'tis very probable, becauſe we find it recorded that *Jacob* commanded his Family to purify themſelves, and change their Garments, before they went to *Bethel* to Sacrifice. And *Job* ſpeaks of a like Purification by Snow-water; we alſo read that *Pharaoh*'s Daughter went to the River *Nile* (there being no Fountain-Water in *Egypt*) to purify her ſelf, or to procure Fecundity, as was uſually done thereby.

The *Iſraelites* were uſed to Immerſion, not only by the Example of their Anceſtors, the Patriarchs; but ſuch Cuſtoms of purifying were uſed by the *Egyptians* amongſt whom they lived many hundred Years.

*Diodorus Siculus* mentions the Cuſtoms of the firſt *Egyptian* King, who firſt waſhed his Body in Water, and then adorned himſelf in his Royal Robes before he went to Sacrifice.

*Porphyry* affirms, That the *Egyptian* Prieſts waſhed three times in a Day upon extraordinary Sacrifices

I will add one Teſtimony more to prove that Cuſtom among the *Egyptians*, and this Point farther, that they had perfectly obſerved the natural good Effects of Cold Immerſions, uſed in giving a great chearfulneſs

fulneſs and alacrity to the Animal Spirits. *Apuleius* diſcourſes of this *Egyptian* Cuſtom thus, *Diſcuſſa pigra quiete alacer exurgo, méq; purificandi ſtudio marino Lavacro trado, ſeptieſque ſubmerſo fluctibus capite lætus & alacer Deum præpotentem ſic apprecabor*

*Moſes* afterwards in his Laws retains the Immerſions of the Patriarchs and *Egyptians*, and preſcribes divers Waſhings for the purifying of the Unclean, as thoſe who had touched dead Bodies, or had Seminal Pollutions, or were Leprous, Menſtruous, or the *Puirpera*'s; and 'tis a *Jewiſh* Cuſtom to waſh before Prayers and Sacrifice, and their going into their Temples: So *Judith* waſhed before her Prayers; and the *Mahometans* ſprinkle their Heads with Water three times before their Prayers; and they now purify themſelves in Fountains, after the manner of the *Jews*, from whom they learnt all their Luſtrations; and the preſent *Moors* uſe a Luſtration by waſhing in the Sea.

*Pythagoras* travelled into *Egypt*, and was a learned Phyſician as well as a Philoſopher, and he taught the *Weſtern* Nations that Purity was to be got by Waſhings and Sprinklings; he therefore taught the *Greeks* all the Cold Immerſions, whether Medicinal or Sacred, which he had learnt in *Egypt*.

*Diogenes Laertius* in the Life of *Plato* mentions

mentions a Cure done by the *Egyptian* Priests, by Bathing in the Sea-Water, and that it was the general Opinion of the World, that Salt-Water purified both Body and Soul, Θαλασσα χωζει παντα ἀνθρωπων κακα; and they also esteemed Fountains more efficacious than Rivers.

The following *Greeks*, as well as the *Jews*, acknowledge three sorts of Purifications by Washings; the Immersion was called λουσις; the washing of the Hands and Feet, νιψις; the Asperson ῥαντισμος.

*Virgil* describes the washing of *Æneas* before his Sacrifice to the Gods above; *donec flumine vivo —— Abluero*; and in *Dido*'s Sacrifice to the *dii inferni* (where they only used Asperson)

*Dic corpus properet fluviali spargere lympha,*

but in all great Devotions, *Persius* observes that Immersion was practised.

*Hanc sancte ut poscas Tyburino in gurgite Mergis*
*Mane caput bis terque, & noctem flumine purgas.*

The *Romans* had both their Religious Ceremonies and their Physick from the *Grecians*, and they improved the Art of Cold

Bathing, as will be evidently proved by the Account given thereof in the following Letters, by divers Quotations from *Celſus*, *Suetonius*, *Seneca*, *Pliny*, *Oribaſius*, *Ægineta*; and by the Account of the Writings of *Hippocrates* and *Galen*, I ſhall convince you that both theſe Maſters of our Faculty well underſtood many uſeful Practices and Cures done by the Cold Immerſion; and I will only add one Quotation from *Homer*, to ſhew, that the *Greeks* commonly practiſed the Cold Immerſion, both for Purification, and the fortifying the Animal Faculties. For *Homer* mentions the purifying of the *Atrides* in the Sea, and that *Circe* was found by *Jaſon*'s Companions waſhing of her Head in Cold Water, to help her Night-Dreams, and her Prophetick Extaſies.

The moſt unlearned Nation knew the good Effects of Cold Bathing, and alſo uſed it in Purification, as well as the *Egyptians*, *Greeks*, and *Romans*.

*Camden* aſſures us, That the *Gauls*, from whom our *Britains* ſprang, had their ſacred Fountains, which they called *Divona*; and we may well ſuppoſe, that they uſed them both for Luſtrations and Cures, as in following Ages (when Chriſtianity came into *England*) the *Saxons* did: St. *Winefred* lived about the Year 644. and St. *Mongah*

in

in the *Saxons* times; and we find the Wells dedicated to theſe Saints, were famed both for their Cures and Devotion. Many of our *Engliſh* Springs will do miraculous Cures when uſed in Cold Bathing, which in Ages more illiterate, were imputed to the Vertue of the Saint to whom it was dedicated, or the Devotions uſed there.

*Roger Hoveden* affirms, That at *Wy* in *Kent*, there was a peculiar Well, into which there was a wonderful Virtue infuſed by the Prayers of a certain *Norman* Monk.

And 'tis reported of St. *Francis*, That he cured many by the Water in which he dipt his Rope; and 'tis alſo affirmed, That there is a Water in *Flanders*, which will cure the Palſy after the little Image of *Montis acuti* has been ſoaked therein.

But I will return to our *Engliſh* Hiſtories, and produce a miraculous Cure done by Immerſion, which is recorded in Biſhop *Hall*'s Myſtery of Godlineſs, and the ſame is quoted by the *New Britannia*. The Biſhop mentions a Cripple who for Sixteen Years moved on his Hands, the Sinews of his Legs being contracted; this Cripple had a Monition in his Dream, to waſh in a Well at St. *Madernes* in *Cornwall*, by which he was ſuddenly reſtored to his Limbs. And of this Story the Biſhop took

a

a particular Account in his Viſitation, and had it ſufficiently atteſted by many of the Neighbours, ſo that he was fully convinced that there was no Art or Colluſion in it; but he believed that ſome good Angel ſuggeſted the Remedy.

I will next proceed to ſhew the Uſe of Cold Bathing formerly famous in *England*, and many *Northern* Nations for the Leproſy and Rheumatiſm.

The Leproſy was formerly more frequent in *England*, as appears from *Camden* in his Deſcription of *Leiceſterſhire*, where he informs us, That the Leproſy about the beginning of the *Normans* ſpread all over *England* by Infection, and that that Age ſuppoſed it to come from *Egypt*, as it did in *Pompey*'s Days; he farther tells us, That at *Burton* in *Leiceſterſhire*, there was a rich Hoſpital built by a Collection through all *England*, for the *Lazars*, to the Maſters of whom all the leſſer *Lazars* in *England* were ſubject, as he was to the Maſters of the *Lazars* in *Jeruſalem*.

There is ſcarce any Cold Spring famous for any Cures, but it is alſo commended for Scabs and Leproſy, which muſt be grounded on the Experience of thoſe times in which the Leproſy was cured by Cold Bathing. And ſince the Leproſy was ſo frequent in the beginning of the *Norman* Reign,

Reign, and that was cured by Cold Baths, they were alſo frequent among the *Normans*.

The Leproſy might probably be the preſent Pox, which ſpread all over the World; and one would be apt to ſuppoſe that 'tis a Species of the Leproſy deſcribed in *Aretæus*, who mentions many Symptoms of it, as the Pains, Scabs, loſs of the Noſe, and Corruption of the Extremity of the Body. And *Philo* affirms, That the *Jews* were ſubject to an *Antharx* or *Carbuncle* on their *Penis*, for which *Circumciſion* was uſeful. 'Tis well known that *Hippocrates* mentions the σπερδόνες αἰδοίων, and that a *Caruncle* in the *Urethra* is to be cured by Suppuration; and theſe are the peculiar Symptoms of the Pox, and cannot ordinarily depend on any other Diſeaſe than the preſent Pox.

The *Rheumatiſm* is an old *Engliſh* Diſeaſe for which Cold Baths are famous; and yet that is commonly call'd a new Diſeaſe: Tho' that is deſcribed by *Hippocrates* under divers Names, as πόνοι ἄρθρων, πόνοι σπλήνων, πόνοι πλευρέων. And the *Sciatica* is plainly deſcribed, which is one Species of the Rheumatiſm. And as to the Small-Pox, that ſeems to be reckoned by *Hippocrates* amongſt the Spring Diſeaſes, and are called by him in his Third Book of Aphoriſms ἐξανθήσεις ἡλκωδέες; and in the *Coacæ prænotiones* number 114. φλυζακίδες, which happen in continued Fevers, and were fatal if they did not ſuppurate.

All

All the Diſeaſes we eſteem new in this Age, were formerly deſcribed under other Titles; and this Age has only better deſcribed them, and reduced them to their proper kinds. In *Hippocrates*'s *Epidemicks*, we may find all our preſent Fevers deſcribed, as thoſe with Rheumatick-pains, Cholerick-fluxes, Peripneumonia's, Pleuriſies, Angina's, Coughs, *&c.* The Pleuriſy was a Diſeaſe very rare in *England* as *Polydor Virgil* ſays. This ſeems a Species of the Rheumatiſm, and was increaſed by our hot Dyet and Intemperance; and it was called by *Dioſcordies*, the Rheumatiſm of the Breaſt. 'Tis evident, That *Galen* deſcribes it under the Notion of an inflammatory Laſſitude, for which he preſcribes Bleeding, *ad animi deliquium*, or at leaſt twice a Day. He obſerves the Fever and Pains which attend it. He propoſes a thin Diet of Ptyſans, and cooling ſlymy Diet of Lettuce, Gourds, Mallows, Blites, *&c.* and Acids, as Vinegar with the Ptyſans, and Fiſh for Diet, if it be proper to eat any Fleſh. See *Galen* in his Fourth Book for preſerving of Health.

The Scurvy is a new Name for the old Diſeaſe deſcribed by *Hippocrates*, under the name of Great Spleen, in which the Gums were corrupted, and the Breath ſmelt fœtid; and if no Hemorrhagies happened, nor the Mouth had an ill Odor; the Diſeaſe

eaſe affects the Limbs with ill Ulcers, and Spots on them.

The Rickets ſeem a new Diſeaſe, but it was probably the ſame which *Hippocrates* obſcurely deſcribes under the Name of thoſe Diſeaſes in Children, which are deſcribed by the bending of the Spine inwards (σωοδύλε τε κατὰ τὸ ἰνίον ἐόντω ὦπες) and we find λόρδωσις, and ῥάχε & διαφροφὴ and greatneſs of the Head, which are the Symptoms of the Rickets, were eſteemed diſtinct Diſeaſes.

I have given all theſe Inſtances of the ancient Opinions, Practices, and Deſcripion of Diſeaſes, to ſhew, that the Authors of our Faculty, *Hippocrates* and *Galen*, have laid the Foundations of Phyſick, upon which we ought to Build and Improve, to obſerve all the ſenſible Qualities in Medicines and diſeaſed Humours, which they omitted, to deſcribe all the Symptoms of ſeveral Diſeaſes, and reduce them to their ſeveral Kinds, to Correct their Errors in Anatomy and Philoſophy, and never to receed from the Foundations they have laid for any general Hypotheſis how curious ſoever.

The Chriſtian Baptiſm ſucceeded the *Gentile* Purifications, and that was performed by Immerſion in *England*, and all Parts at the firſt planting of Chriſtianity. In the Life of *Ælfredus*, we find that *Gu-*

*thrumnus* the *Dane*, with thirty of his Companions were baptized in a Fountain; and *Alfredus de baptisterio susceptum nominat Athelston.* And they then used a second Rite of Ablution, *Cum vestes candidæ deponerentur.* Such practices of Ablution of Children which is both Religious and Physical, is practised in the *East-Indies*; as *Albert de Mandesloes* informs us in his Travels among them. He affirms, That the *Canarims* wash their Children as soon as they are born, by which they grow so hardy and strong, that 'tis ordinary to see Men among them of a hundred Years old in perfect Health, not missing a Tooth. He farther tells us, That the *Indians* stupify themselves with the *Datura*, and that they presently recover by moistening the Soles of their Feet with fair Water; by this effect, we may learn the benefit of Cold Immersion in Narcotick Poysons. The same Author observes, That the *Japonese* never swathe their Children, but wash them in Cold Water; and in *Japan* the Air is more inclined to Cold than Hot.

Because 'tis usually objected, That these Religious Practices of Immersion are suitable to Hot Regions, and not to the Cold, I will give some Quotations from the Writers of Travels into those Cold Countries, to shew, That the *Northern* People use such

Practices.

Practices. *Olearius* informs us, That Men and Women in *Muscovy* come naked out of their hot Stoves, and so go into Cold Water, or have it powred on them; and in Winter they wallow in the Snow; and that they do the same in *Livonia*, where the *Finlanders* come out of their Hot Stoves into the Snow, with which they rub their Bodies as with Soap, and then return into their Stoves again for a moderate Heat; and thus they from their Childhood, use themselves indifferently both to Hot and Cold.

The *Muscovites* believe themselves the only Christians, because they are immersed into the Water, and not sprinkled; and they will receive no Proselytes till they are rebaptized by Immersion: They therefore Dip their Children in their Fonts, and all Persons of riper Years are plunged into Rivers at their Baptisms. And *Olearius* farther affirms, *page* 96. That they often break the Ice to get them into the Water. He says, The *Muscovite* Boys are bred so hardy, that they can stand half an hour barefooted on the Ice without any Injury.

*Olearius* also delivers the manner of the Baptism of the *Armenians*, who set their Children naked in the Font, and pour Water on their Heads and Bodies three times.

In *Tavernier*'s Travels, 'tis obſerved, That the Chriſtians of *Balſara* in *Aſia*, who anciently lived near *Jordan*, never Baptize but in Rivers, and that the Godfathers plunge the Child all over into the Water: And every Year theſe Diſciples of St. *John* celebrate a Feaſt for five Days, during which time they are baptized according to the Baptiſm of St. *John*. *Tavernier* alſo farther obſerves, That the *Armenians* plunge their Children into Rivers at *Chriſtmas*, and he wonders that the Extremity of the Weather does not kill the Children. The King of *Perſia* is oft preſent at this Ceremony performed at *Chriſtmas* near *Iſpahan*.

I have been informed, That our *Highlanders* oft Dip their Children in Cold Water: And a Perſon of Eighty Years old, who was then very ſenſible, told me, That in his time he could not remember the Dipping of Infants in *England* at their Baptiſm, but that his Father oft ſpoke of it; and farther told him, That the Parents uſed always at the Baptiſm of their Children, to deſire the Prieſt to dip that part very well in which any Diſeaſe uſed to afflict themſelves, to prevent its being Hereditary.

The *Welſh* have more lately left Immerſion; for ſome middle aged Perſons have told me, That they could remember their

Dipping

Dipping in Baptiſm. I ſhall in a following Letter prove that Cuſtom uſeful to the Health of Infants, and that 'tis only a vain fear in the Parents, which has occaſioned the diſuſe of it, to which the Canon 1603. in King *James*'s Days might a little contribute, through the miſtake of its Senſe; for there all Baptiſm, whether by Immerſion or Aſperſion, is declared valid; but the Senſe of the Canon ought to be taken conformably to the *Rubrick*, *viz.* in caſes of neceſſity.

The Church of *Rome* hath drawn ſhort Compendiums of both Sacraments. In the Euchariſt they uſe only the Wafer as fitteſt for Proceſſion and Adoration; and inſtead of the Immerſion they introduced Aſperſion, which may be more conveniently practiſed in all places than the Immerſion. But of this I ſhall Diſcourſe more fully in a particular Letter, concerning the Immerſion in Baptiſm, which has ſucceeded the Luſtrations of the *Gentiles* as a Religious Ceremony: And of both theſe at preſent I have diſcourſed, only to ſhew, That Immerſions have been practiſed by all Mankind, whether Learned or Unlearned, and that it has been eſteemed by them not only ſafe, but alſo uſeful both to their Bodies and Souls. Not only the great Antiquity, but alſo the great Cures done formerly and

of late, upon many Patients, has given me a full Proof of their ſafety and uſefulneſs. And after ſome Reflections on this Subject, I thought I could not do a more uſeful thing for our Couutry, than to contrive for them all the Conveniences of a Cold Bath, for the Cure of their Rheumatick-pains, Lameneſs, Palſies, Rickets, *&c.* for which Cold Baths are moſt certainly uſeful: The place I fixed on for my Cold Bath, is a plentiful Spring, uſually called *Unite*'s Well, which riſes out of a Rock on the Top of a Hill, *North-Weſt* from *Litchfield*, and diſtant from thence about a Mile. The Well is ſituate in the Lands of Sir *James Simons*, Kt. of whoſe generous Inclination to ſerve this Country by the incouraging of my Deſign, I am very ſenſible, and I ought to make this publick acknowledgment of it, that he may receive the due Reſpect of all this Neighbourhood, and the Thanks and Prayers of ſuch Perſons, who ſhall find Benefit by Bathing in St. *Chad*'s Bath near *Litchfield*. And I hope none will be offended with my naming thoſe Baths by the Name of that Holy Biſhop, to whom our Churches have long ſince had their Dedication; he was one of the firſt Converters of our Nation, and uſed Immerſion in the Baptiſm of the *Saxons*. And the Well near *Stow*, which may bear his Name, was

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probably his Baptistry, it being deep enough for Immersion, and conveniently seated near the Church, and that has the Repuration of curing Sore Eyes, Scabs, &c. as most Holy Wells in *England* do, which got that Name from the Baptizing the first Christians in them, and to the Memory of the Holy Bishops who baptized in them, they were commonly dedicated, and called by their Names.

The Figure of these Baths is oblong, fifteen Foot long, and about Ten broad. The Baths lie close together, but are divided by a Wall, and the lower receives the Water from the other. The upper I call for Distinction, *The Ladies Bath*; and the lower, *The Mens Bath*. The Water is sufficiently deep to reach up to the Neck, and can be conveniently emptied as oft as we please, and will fill both Baths in a Nights time: The Descent into the Baths is by Stone-steps, and there is a convenient Room built to each Bath, for Undressing, and Sweating, upon great occasions.

As to the Spring-Water, it appears very Cold: but that I might try its coldness, I made the following Experiments: I dipt the Ball of the Portable Thermometer into the Spring, *August 6.* and I held it in the Water six Minutes, which I measured by the Minute-Glass, in which time it sunk

Eighteen Degrees. I tried the ſame Experiment in both the Baths, and found them both as cold as the Spring-Water it ſelf. And I found that the Well near *Stow*, called St. *Chads*, did not in ſix Minutes ſink the Spirit in the Thermometer ſo low as *Unite*'s Well; and by the ſame Experiment I found, that the Steel-Water near *Stow*, was not ſo Cold as either of the Wells mentioned, by three or four Degrees. I by theſe Experiments was convinced, that the Water at *Unite*'s Well was the coldeſt in our Neighbourhood, and therefore the fitteſt for a Cold Bath.

I have not been wanting this Summer, ſince *Midſummer*, to make ſome Experiments upon ſuch diſeaſed Perſons as would be perſuaded to uſe theſe Baths; but more hereafter will be made, when I have prevailed over the Prejudices of the Common People, who uſually deſpiſe all cheap and common Remedies, which have ordinarily the greateſt Effects.

I found theſe Baths very beneficial for all Rheumatick-pains, and Paralytick weakneſs, and Stiffneſs after Rhumatiſms. And I can produce a Country-man, who was cured of a Weakneſs in both his Arms by twice Bathing, and immediately after his Bathing he returned to his Country-Imployment, who for many Months before

was confined to his Houſe. This I took notice of as a conſiderable Cure, he having tried all uſual Methods for two or three Months in vain. And I muſt obſerve this to you, That ſome Internal Remedies, both Cathartick and Alterative, are neceſſary before the uſe of Cold Baths, and alſo a ſuitable Diet. For *Dion Caſſius* informs us, That *Muſa* preſcrib'd the *Hydropoſia* as well as the *Pſeuchroluſia* to cure *Auguſtus*. And I am very well convinced by many Trials about Cold Bathing, that they ſucceeded beſt, who not only drank of the Cold Water before they Bathed in it, but alſo continued the Water-drinking long after.

Many Perſons experienced the benefit of theſe Cold Baths in Rheumatiſms, and they found relief of Pains, and a great Strength of their Limbs, and Vigor of Spirit to follow upon the uſe of Bathing; ſo that in theſe Inſtances there can be no doubt of its ſafety and uſefulneſs.

I could not procure above one Gouty Perſon to try it; and he aſſured me, That he found the Weakneſs and Stiffneſs of his Limbs much relieved by it. But in theſe, and other Defluxions, without Water-drinking, and a cool Purge of Salt, and a temperate Diet, no great good can be expected.

As to *Hypochondriack* Caſes, they who uſed them do very much commend theſe Baths,

Baths, as was confirm'd by two of my Patients, who were much cooled by it.

I obſerved, That ſome Hot Tempers had a Raſh produced by Bathing, and they were eaſed of Pains thereby.

I bathed three times, and found the Water very cold at firſt, till I had dipt all over; but after a ſmall ſtay, and upon coming forth, I was very hot, and inſenſible of any cold Air.

I cannot believe that Cold Bathing can help any Defluxions, ſuch as the *Aſthma*, without Water-drinking; and in a recent Diſeaſe; neither can Cold Baths do any good where the *Viſcera* are decayed.

The Practice of Cold Bathing is convenient for young Perſons to render them inſenſible of the Cold Air, and very vigorous both in the Actions of Body and Mind.

Before I give you an Account of the Cautions I preſcribe about Cold Bathing, I will preſent you with the Scheme of the variety of Cold Baths, and ſome Obſervations and Experiments I have made to diſcover their Virtues and Effects.

I believe the Varieties of Cold Baths, which may be made or found in *England*, are equal to the various Species of Medicinal Waters, of which I will preſent you with the following Table.

1. The

1. The Cold Baths at *Buxton* and *Briſtol*, which have a temperate Heat, but in a lower Degree than that of our Humours.

2. The Waters of Rivers heated by the Summers Sun.

3. The Water of the coldeſt Springs, ſuch as St. *Winifred*, St. *Mongah*, &c.

4. The Cold Springs impregnated by ſome Minerals.

1. A Cold Bath impregnated with a *Fœtid* Sulphur, ſuch as that at *Godſhall* in *Staffordſhire*, and at Sir *Nathaniel Curſon's*, near *Derby*.

2. Vitriolick-Waters, which are frequent in every Country.

3. Waters impregnate with Copper-Vitriols.

4. The Salt-Springs and the Sea-Water, give us a plentiful Cold Salt Bath.

5. The Petrifying Waters at *Newnham* in *Warwickſhire*, and other Places, will afford us a Styptick Bath, as well as all our Pump-Waters.

6. The ſmooth Bituminous-Waters at *Willowbridge* in *Staffordſhire*; and there is an Oily Water in the Lands called *Flaunders* near *Coleſhill*; they have an evident Oilyneſs upon Boiling, proper for Leprous Scurfs.

7. Nitrous purging Waters frequent in many Countries; and there is a large Spring

of

of that Nature, fit for a Cold Bath in the Lands of Mr. *Richardson* near *Colefhill*, in the Grounds called *Flaunders.*

8. *Holywell* is esteemed a Lead-Water and is very Cold.

9. In *Cornwall* there are Tin-Waters, and the *Tinners* wash their Cuts in the Water running from *Mundick Oar.*

10. There are *Alabaster* Waters very rough near *Tutbury.*

11. *Marle*-Waters taste smooth, and have a little Stypticity, such as the excellent Spring called *Holywell*, near *Hinckley* in *Leicestershire.*

12. Chalk-waters, and the Lime-stone, dry much, and may heal Ulcers in Cold Baths; we observe the Chalk-waters at St. *Albans*, and the Lime frequent at *Walshall* in *Staffordshire.*

All these various Cold Baths may be safe and useful; and for the better understanding of their Effects, I will make these following Observations.

1. That the Stypticity in Waters, whether from the *Nitrum Calcarium*, or Vitriols of Metals, or Stones, or Earths, increase the Contraction of the Skin, and membranous Fibres, and thereby strengthen more than the common Cold Waters.

2. All Sulphur, Salt, Bitumens, and Metalline Vitriols, mixt with cold Springs, temper

per their extream Coldness, and give them mixt Qualities, discussing as well as cooling; and by reason of the diversity of the Mixtures of the Minerals, Salts, Stones, and Earths, in all Springs; scarce any two Cold Baths can agree in all their Qualities and Effects in Humane Bodies.

3. Nitre, and a Sulphurous Acidity render Waters more intensely Cold, for so we artificially make common Water cooler by mixing Salt-petre with it, or by putting a Roll of Sulphur in a Vessel of Water; we thereby cool our Bottles filled with Wine or Beer.

4. I put the *Thermometer* into a Glass of our Conduit-water, which sunk the Spirit in Three Minutes Seven Degrees; and after, I put into divers Glasses Sugar of Lead, in another Vitriol, and in a third Allum, and none of these did sink the Spirit farther; by which I learnt, that none of these increase the Coldness of the common Water, but Salt-petre sunk the Spirit one Degree more: But I observed by another Experiment with the Glass mentioned, that Well-water was not so Cold as the Conduit-water.

5. I tried the weight of the several Waters by another Glass-bubble, sunk by Quick-silver in the Foot of it, that the Water in which Salt-petre and Allum were dissolved,

and

and Well-water were heavier than the Waters in which the same quantity of Vitriol and *Sacharum Saturni* were dissolved. And to the weight of the Water, some of the cooling and contracting Virtues of Cold Baths may be owing; but the Water in which the Air is most compressed, is the coolest, and also heaviest; for nothing makes Fluids as well as Solids heavier one than the other, but the want of Air in their Pores or Vacuity.

Before I conclude these Papers, I will not forget the Cautions I usually give before Cold Bathing, *viz.*

1. To Bleed and Purge, and use such proper Diet and Medicines, both before and after Bathing, which a rational Physician knows to be suitable to the Disease, and the Constitution of the Patient.

2. Not to Bathe when hot and sweating, but cool; not to stay in the Bath above two two or three Minutes as the Patient can easily bear it; and to go in and out immediately, on the first Bathing, after an Immersion of the whole Body.

3. To use the Cold Bath before Dinner, fasting, or else in the Afternoon towards Four or Five a Clock; 'tis dangerous to go in after great Drinking and Eating.

4. Continue to Bathe nine or ten times, at least two or three times in a Week.

5. To

5. To use Sweating with Cold Bathing in Palsies and Rickets, and several Diseases affecting the Nerves with Obstructions.

6. In Windiness or Sizyness of the Humours, or their flatulency, no Sweating is necessary, nor where Bathing is used for Preservation of Health, or the invigorating of the Animal Spirits.

*SIR,*

THOUGH I designed in the beginning of this Letter to entertain you only with the Antiquity of Cold Baths, I thought fit to add what I had done in Imitation of the old Practice; and that I find it as difficult to prevail with the Country People to use Medicinals, as the Divines do the Religious Immersion: Though the true old useful Modes of Physick and Religion will in time prevail, when People have had more Experience in Cold Baths. And the Learned Divines and Physicians, in your Town, speak the Truth plainly, that it has been an Ancient Practice, and very fit to be revived, by reason of the Apostolick Practice and the great Cures done by it. I have here appeal'd to your Judgment of the Antiquity as well as usefulness of Cold Baths; and question not but you can and will assist me in defence of what I have asserted concerning them. I have endeavour'd

to

to ſerve our Country, *Staffordſhire*, in erecting St. *Chad*'s Bath near *Litchfield*; and if you think fit to uſe any Cold Baths, 'tis my deſire you will remember your own Country in recommending ſome Patients hither. I have nothing to add, but that you will accept of theſe Papers as a Teſtimony of my great Eſteem for your Judgment and Learning, and as a Reſpect which I owe to you my old Friend and Countryman. I am,

*SIR,*

*Your very humble Servant,*

*Litchfield, October 21. 1701.*

JOHN FLOYER.

## LETTER II.

*To the Learned Phyſician,*
*Dr.* Phineas Fowke.

# Containing *Hippocrates*'s Opinion, concerning the Nature of Cold Baths, and their Uſefulneſs.

*SIR,*

I Long ſince acquainted you with my Deſign of making a Cold Bath near *Litchfield*, and then I gave you ſome Reaſons why I thought that Practice both ſafe and uſeful: But that I might more fully explain my Opinion, and the Reaſons on which it is grounded, I have here digeſted my Thoughts into a ſhort Eſſay on that Subject. I will firſt give the Opinion of *Hippocrates* about Cold Bathing, who has both fully deſcrib'd its Effects, and given us ſome Rules and Cautions about the right uſe of it. And in the ſecond Place, I will repreſent the Ancient Practice of Immerſion in the Catholick Church, and moſt particularly in our Climate, for the Baptizing of all ſorts

of Perſons, which continued in *England* till about the Year 1600, by which I deſign to prove the Innocence of that Cuſtom, and its uſefulneſs in preventing Hereditary Diſeaſes. I will in the third Place relate ſome Cures of conſiderable Diſeaſes lately performed by Cold Bathing, which will fully Anſwer all Objections and Scruples which can be made againſt this Practice.

I know you will allow me to pay all Reſpect imaginable to the Judgment of *Hippocrates*, who was a moſt Judicious and Rational Phyſician, and the moſt Learned Founder of our Faculty: and ſince he has recommended Cold Bathing, I cannot undergo the Reflection of propoſing ſome new unreaſonable Project in this following Eſſay. I will firſt begin with the Opinion of *Hippocrates*, which he has delivered in his Tract of Ancient Phyſick. I will next obſerve what he has delivered in his Books of Diet, and in that which treats of the uſe of Liquids; and alſo have a due Reſpect to what is collected into Aphoriſms in his Book of Aphorims, relating to the ſame Subject.

In his Tract of Ancient Phyſick, he gives us theſe Effects of Cold Baths. If any Perſon in Health cools himſelf very much in the Winter-time, either by Bathing in Cold Water, or otherways; the more he is cooled (if his Body be not perfectly

fectly congealed) the more vehemently he will become hot, when he puts on his Cloths again, and comes into a Houſe. And he further ſays, they who travel all Day upon Snow or Ice, and ſuffer great coldneſs on their Hands, Feet, and Head, obſerve that at Night when they come into the warm Houſe, and are covered with Cloths, or near a Fire, that they ſuffer great heat and itching; and ſome have Bliſters, like them who are burnt: He further obſerves, that they who have the moſt vehement ſhivering in their Fevers, have the greater burning in their hot Fits afterwards.

He farther proves, that Heat will ſucceed any uſe of Cold, by this Obſervation: He that toſſes about through ſuffocating Heat by that means to cool himſelf, he will feel ten times a greater burning and ſuffocating Heat than he who does no ſuch thing.

That I may more clearly explain the Nature of Cold and its Effects as to the Body, I will mention the Effects that Hot Baths produce, which are contrary to thoſe of Cold Baths; and this Obſervation *Hippocrates* gives us of them. If any Perſon will heat himſelf very much, either by a Hot Bath, or a great Fire, and afterward continue in the ſame place, and ſame Habit, as he who was much cooled, he will appear more Cold, and will become more

ſhivering than the other: And he obſerves how Cold ſucceeds Heat by this remark; after the hot Fever-fit goes off by Sweat, the Sick is more cooled than if he had not had any Fever. Upon the preceding Obſervation of *Hippocrates*, I deſign theſe following Remarks.

1. That the Deſcription of the Effects of Hot and Cold Baths, are not the Suppoſitions of Ingenious Men (for all Hypotheſes *Hippocrates* rejects as uſeleſs in Phyſick) but certain Experiments often tried on Humane Bodies, which were evident to our Senſes, and we only by our Reaſon diſcern the Cauſes of thoſe Effects; and by divers Experiments of the ſame kind made, we prove that the Effect mentioned depends on the Cauſe found out by reaſoning.

2. By the Experiments mentioned, 'tis evident, that Cold Baths heat by ſtopping the Pores, and keeping in the hot Effluviums or aerial Spirits; and on the contrary, Hot Baths cool us by opening the Pores, and by evaporating the hot aerial Spirits very much, and then they chill us afterwards; and by this Obſervation we diſcern the Abſurdity of that Averſion moſt People retain againſt Cold Bathing, as if it would overchil them, whereas 'tis evident, that Cold Baths heat them who uſe them, more than the Hot Baths which make us

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ſenſible of the leaſt breath of Air, and tender for a long time afterwards. It muſt be acknowledged, That Cold Baths directly produce a Senſe of Coldneſs upon their firſt Application to the Skin, but by that Coldneſs the Skin is contracted, and the Humours compreſſed and ſtopt within the Body, which produce Heat and Burning. On the contrary hot Baths by their actual Heat affect the Skin, and open the Pores, and by rarifying Humours great Sweats are produced, which occaſion great Chilneſs afterward; of which we are very ſenſible after our Sweats by Exerciſe, which always cool us by the Evacuation of Humours; but it heats us, if they do not ſucceed upon Exerciſe. By all theſe Reflections we find, that Heat ſucceeds Cold, and Cold Heat naturally; and for this end we heat Water that it may ſooner Cool and Freeze.

3. The Subject on which both Hot and Cold Baths have their immediate Effects are the Skin, and the aerial Spirits contained in the Animal Humours. The moiſtening of the Skin is but of ſmall Effect, and of no great conſequence in Phyſick; but the condenſing and rarifying the ſpirituous Air of our Bodies, has conſiderable Effects. Its Quantity and Elaſticity is increaſed by Cold Baths; but 'tis much evacuated and weakned by Hot Baths: And on theſe Alterations

of the inward Air does all the Virtue of Hot and Cold Baths depend immediately, as will be hereafter proved.

4. Neither Hot nor Cold Baths can Cure any Cacochymia's, but only their Hot and Cold Qualities, or their Rarification and Condenſation, which are the Effects of a Fermentation, either running too high or ſtanding too low.

According to *Hippocrates*'s Notion, there is naturally in our Bodies, Bitter, Salt, Sweet, Acid, Acerb, Inſipid, and many other Taſtes; (and by theſe I diſtinguiſh the ſeveral kinds of natural Conſtitutions) for when our Humours are well digeſted, well tempered, and well mixt, we enjoy a perfect Health, which being ſeldom found, ſome one of theſe Taſtes predominate; and we may denominate each Conſtitution by the Taſte of that Humour which abounds. *Hippocrates* obſerves farther, That Diſeaſes are produced, if too much Sweet, Bitter, or Salt, be produced, or they be too high digeſted, exalted, or ſeparated from the reſt: ſo Fevers do not depend on Heat alone, for that is the Effect of an Effervescence; but the various Cacochymia's which eſſerveſce are the Bitter, Salt, Acid; and theſe *Hippocrates* knew, and called them the Hot Bitter, Hot Salt, and Hot Acid; and the Cold Cacochymia's he called the Acerb,

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and the Cold Inſipid. And by theſe Taſtes 'tis plain, that not only Fevers, but alſo Fluxes of Humours, Obſtructions, and Effervescency, ought to be diſtinguiſhed into their ſeveral Species, that we may preſcribe not ſuch Specifick Taſtes as are proper for the Diſeaſe in general, but ſuch as are ſuited to the ſeveral Conſtitutions, in which any of the mentioned Diſeaſes are produced.

By this Deſcription of the ſeveral natural Conſtitutions, and the Morbifick Matter, 'tis evident, that Cold and Hot Baths can only heat and cool, and change thoſe Qualities in us. But in our Patients, beſides Bathing, we muſt purge off the Quantity, and by contrary Taſtes, correct the Exaltation or Degeneration of any Humour, or new mixt it; temper its Acrimony, or digeſt its Crudity. Our Patients ought therefore to be well prepared before Bathing, and continue a ſuitable Diet, and courſe of Phyſick afterwards. Therefore I muſt remark this as an abſurd Humour in our Patients, to expect that Bathing ſhould compleatly Cure every thing, whereas it is but like all other external Applications, and ought not to be uſed till ſome general Method has prepared the Body for it.

5. That *Hippocrates* here underſtands Cold Baths, I may prove by this Expreſſion, λυσάμενος ψυχρῷ. And Mr. *Dacier*

tranſlates that, *en ſe baignant dans l'eau froide.* And when he deſcribes the Perſon who heats himſelf, he mentions the way of doing it, λυτρῷ θερμῷ; by which *Hippocrates* always underſtands Hot Baths. And *Dacier* tranſlates it, *par une bain chaude:* But the Senſe of thoſe Words I will farther prove by the next Remark out of *Hippocrates* in his ſecond Book of Diet.

Hot Baths extenuate and cool them, who uſe them faſting; for by the heat they evacuate the Serum out of the Body, and that being evacuated, the Body is cooled: but if we uſe them after eating, they heat and moiſten by rarifying the great quantity of Humours, and ſwelling up of the Habit of the Body. Cold Baths have a contrary Effect, for the Cold produces a kind of Heat in them, who uſe them when they are empty, and they take away the Serous Humidity from them, who uſe them after eating, and by their coldneſs they increaſe the preſent drineſs of the Body.

The Remarks I ſhall make on theſe Obſervations, are,

1. *Hippocrates* does evidently here deſcribe the Effects both of Hot and Cold Baths; for before theſe Obſervations, he ſays, περὶ δὲ λυτρῶν ὧδε ἔχει; and by the word λυτρὸν, he always underſtands Baths.

2. He propoſes the uſe of Hot and Cold Baths,

Baths; both when we are empty, and after eating, and gives us the Effects of both; when we design to heat, we must use the Cold Baths fasting; and when we design to dry the Body, we use the Cold Baths after eating, which causes Evacuations of the Nutriment by Urine, Stools, and Sweat; the coldness contracts the Skin, and thereby hinders the Afflux of Humours outwardly, the Circulation is turned inward, and causes not only the drying of the Serum in the Habit of the Body, but also the Evacuations I have mentioned: And hence I may also observe, that in using of the Cold Baths fasting, the Body is not cooled but heated, nor any of the Evacuations do succeed to extenuate the Body. In the use of Hot Baths fasting, the Body is extenuated by sweating of the Serum, which *Hippocrates* call the τὸ ὑγρὸν; and therefore Cold Baths used fasting keep in the Serum, and heat the Body by closing its Pores; and by causing a great Rarification of Humours after they are once compressed, (by the Elasticity of the Air being inclosed in them).

Cold Baths after eating cool, because the crude Nutriment as well as Cold Water, both hinder the Rarification of Humours, and because of the Evacuations mentioned; but Hot Baths violently Rarify

rify the new Nutriment, and by relaxing the Skin, cauſe the plumping up of the Habit of the Body by it: but becauſe of the Crudity of the Chylous Serum it will not eaſily perſpire.

I ſhall next proceed to give an account of *Hippocrates*'s Obſervations concerning the effect of Cold, out of his Tract, *Concerning the Uſe of Liquids*, which being an imperfect Tract, is only Obſervations; and the deſign of it is to ſhew the right uſe of Cold as well as Hot; and though he mentions not Bath, yet we may infer, if Hot and Cold can produce any conſiderable Effects in any part, it will do the ſame on the whole, he mentions, περὶ τὸ σῶμα ὅλον. παντὸς. ἢ μέρεος. And I think Bathing is moſt properly called the Fomentation of the whole Body. He ſeems there to deſign to explain the general Effects of Liquids, when he gives us the account of the general Effects of Water, in moiſtening, heating, and cooling. Moiſtening reſpects the Skin, but heating and cooling ſhews the Effects it has on the Humours; and when 'tis drank, it has no other good or bad Effects. By this Obſervation we may be inſtructed how much the external Uſe of Medicines agrees with their inward Uſe, and from the outward Uſe we may learn the inward good or bad Effects.

He makes the Skin of the Patient the Judge of the Heat and Cold, or elſe the Skin

Skin of him who pours on the Water; and he adviſes both to be endured till the effect deſired is produced; but that we ſhould not proceed to any great exceſs which will injure the Body. This is a fit Caution to be uſed in Cold Baths as well as the Hot; we muſt ſtay in them ſo long as to produce a moderate Effect, but not ſo long as to burn us by heat, nor congeal us by Cold. If we ſtay but a ſmall time in a Cold Bath, it will produce but a ſmall Effect; but if we ſtay long, it will produce a great one, and too long will deſtroy our natural Heat. He mentions the Inconveniences which enſue upon on exceſs in the uſe both of Hot and Cold Water in Fomentations. And the ſame I may apply to Baths, had places for Baths been more common in *Hippocrates*'s days. All theſe Directions about Fomentation, and *Lotions*, or *Affuſions*, of Water, would have been applied to Baths; but he complains in his Book, *Concerning the Diet in Acute Diſeaſes*, pag. 65. that Conveniences for Bathing, and fit Servants for that uſe, were to be found but in few places. I ſhall therefore continue to make a Parallel betwixt Fomentations and Baths, as to their Effects, and I muſt mention the Effects of Heat, that thoſe of Cold may be better underſtood. Exceſſive Cold has theſe Effects, it blackens Inflammations by contracting

tracting the Skin; it hinders Perſpiration, and the Circulation of the Blood through Tumours; it very much compreſſes the Air in our Humours, and venal Blood looks blacker than the Arterial, becauſe the Motion and Rarification of it is much leſs. He farther ſays, That exceſſive Cold cauſes feveriſh Rigour, Convulſions and Diſtentions, all which depend on the ſenſe of Chilneſs, which gives the ſhivering in the Skin, and occaſions its Contraction, and the greatneſs of the Senſation of Cold produces the Contraction and Convulſive Motion of the Muſcles and their Tendons, and the *Tetanus* is only a laſting Cramp. When we obſerve any of theſe Diſorders mentioned, we muſt conclude, that we have ſtay'd too long in the Cold Bath; the Effects of exceſſive Cold are alſo ſoon felt on the Breaſt, Stomach, and Belly, becauſe we uſe to keep thoſe Parts more warm than the reſt.

He gives theſe Effects of exceſſive Heat, that it Bliſters the Skin; and this I believe it effects by rariſying the Air contained in our Humours, as Cupping-Glaces do. To this Effect of Heat I may aſſign a contrary Effect in exceſſive Cold, which contract the Skin like a Gooſe-Skin, and makes it very pale. Exceſſive Heat effeminates the Fleſh, that is, it makes it very ſoft therefore exceſſive Cold hardens it, ex-

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ceſſive Heat debilitates the Nerves, and ſtupifies the Spirits, by evaporating of them. Exceſſive Cold muſt congeal and compreſs them too much. Exceſſive Heat cauſes Hemorrhagies by rarifying the Air in our Humours. Exceſſive Cold ſtops all Fluxes of Blood, by condenſing and over-compreſſing the Animal Spirits in our Humours; theſe Effects of exceſſive Cold are not expreſſed by *Hippocrates*, but I may juſtly infer 'em from the contrary Effects of exceſſive Heat.

Whilſt we are in Health, *Hippocrates* gives us theſe Obſervations of Hot and Cold: a Mediocrity of them profits us; and whilſt they pleaſe us, and are eaſily born, they they do us good; but they injure us when they give us pain, and are difficultly born.

The Parts of the Body which are naturally covered, are pleaſed with Heat, ſuch as the Brain, Nerves, Back-marrow, the Breaſts, Loins, Stomach, and Hypochondria's, and the Fleſh; theſe being uſed to a moderate degree of Heat, are much offended by Cold when they are uncovered; but any of theſe Parts being preternaturally Hot or Cold require the contrary, and are pleaſed with it; and when they are hot, the drinking of Cold Water is moſt acceptable, as well as the ſame in outward Applications. As Heat cures all the Febrile Rigours, Convulſions, and Diſtentions, which Cold produces; ſo Cold cures all the

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ill Effects of Heat above mentioned, and Cold is as neceſſary as Heat to alter the ſolid Parts, and the Humours contained in them.

I will deſcribe the Effects of Heat upon diſeaſed Bodies, and ſhew thereby the Effects of Cold in contrary Caſes; and herein deſcribe them as *Hippocrates* has done, though in a different manner, to avoid the Repetition he has made of them in this Tract.

The hot Fomentation of the whole Body, or of its Parts, (and the ſame is the Effects of Baths) molifies the Skin, which is too hard, and relaxes the tenſe, becauſe Heat rarifies the Humours contained in the Veſſels, and thereby molifies it; relaxes the Skin by molifying of it. Cold on the contrary condenſes the Humours, and occaſions the Contraction of the Membranes of the Skin, therefore it makes the lax Skin tenſe and hard.

Heat attracts the Humours and Nutriment into the Fleſh and Nerves; therefore Cold on the contrary repels them.

Heat opens the Pores for Sweat, but Cold ſhuts them up and hinders it.

Heat is proper for the moiſtening by a Fomentation in the Noſe, Womb, Bladder, and *Anus*, becauſe they are naturally kept warm; therefore Cold is injurious to them all, if ſwelled or dried. Heat

Heat diſcuſſes Winds, therefore Cold increaſes them; but in Youth, and in the Summer-time, and in a fleſhy Habit of Body, a large Perfuſion of Cold Water recollects the heat, and cures Diſtenſions without Ulcers. The ſame is the Effect of Cold Baths, which produces contrary Effects to Cold Fomentations, becauſe they produce Sweats, Urine, Stools, and the Menſes, as I am informed by the Women. And probably for their Hemagogue Faculty, *Hippocrates* obſerves, That Cold Bathing makes bloody Urine worſe, which none of the Interpreters ſeem to have well underſtood.

A moderate Heat increaſes the Fleſh, and Cold ſhrinks and hinders its growth, becauſe it repels the Circulation inward, but Heat attracts it outward, and thereby ſoftens; and if immoderate, it melts and diminiſhes the Fleſh, and extenuates the whole Body.

Heat recals the Colour, but if immoderate, it diſſipates the Nouriſhment and Colour. Cold makes the Skin very pale, like Millet, or a Gooſe-Skin.

Hot Fomentations of the Head, or other Parts, occaſion Sleep, by exhauſting the Spirits; therefore Cold will hinder Sleep, by preſerving the Vigour of the Spirits. Heat cures Spaſms, and eaſes the Pains of Cramps, and all Pains of the Eyes, Ears,

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and ſuch like; and this it does by diſcuſſing the rarified Air which cauſes thoſe Diſeaſes. Cold Fomentaions increaſe all thoſe Pains, though Cold Baths by producing Sweats eaſe them.

Hot Water agrees with the Eyes pained with ſharp Rheum, and all Drineſs and Ulceration of them.

Cold Water is proper for inflamed red Eyes without Pain, and againſt all Suppuration, and hardneſs in them.

Water may be applied externally with a Sponge to cool the Eyes, to deterge and moiſten the Membranes, and to dilute the Salt-Tears, or ſtop Defluxions of Salt-Serum through the Glands of the Eyes.

Heat helps the Parts over-cooled, and Cold refreſhes the Parts over-heated.

Heat promotes Suppuration, and Cold hinders it by ſtopping the Afflux of Blood, and the Rarification of Humours.

Heat mitigates Febrile Rigours, Diſtentions, Convulſions, and Heavineſs in the Head, all which Cold increaſes. Heat helps the hardneſs of the Limbs after Inflammations or Contractions.

Heat is proper for Fractures, Luxations, Wounds in the Head, for Bare-bones and Ulcers, which do not bleed, for all Parts mortified or ulcerated by Cold, for the eating Herpes, or Blackneſs in the *Anus*, Gums

Gums, *Uterus*. Cold is injurious to all these, and offends Ulcers, because the Parts have been used to be covered, and it stops the Afflux of Humours; but Heat is like Pitch to Ulcers, helping their Suppuration.

*Hippocrates* advises us to be more careful in the use of cold things than hot, because 'tis less agreeable to our Natures; yet he freely recommends cold Applications in Hæmorrhagies, and all Inflammations whilst recent; but it blackens old Inflammations: He commends cold Water for the Red Pustules in the Skin, in such as have swelled Spleens; and in those which happen by hot Baths, or the Obstruction of the Menses, or the stop of Sweat, or rough Garments. By the Pustules in the Splenetick, 'tis evident he understands either the Scorbutick, or Leprous. *Note*, That he here mentions Hot Baths, and he therefore must be supposed to prescribe Cold Baths to cure the Pustules raised by them. I must remark farther, That he prescribes Cold Water for the Cure of the Pustules coming by the stop of the Menses, therefore Cold Baths are also good for the Measles, and it is likewise proper for swelled Spleens.

If he had designed the Description of Cold Baths, and their Effects, he could not have done it more plainly than in the following Words;

*Both Hot and Cold Water are good for the Tumours of the Joints, and for Podagrick Pains without Ulcers, and most part of Convulsions. He that pours upon any part much Cold Water, extenuates it by causing Sweats, and stupifies the Pain, and a moderate Stupor takes away Pain. Hot Water extenuates the same, and softens them.*

*Note*, That *Hippocrates* describes the Application of Cold Water by these Words, ψυχεὸν πολλὸν χεόμενον, which has the same Effect as Cold Baths.

*Both the Hot and Cold Baths are good for the Gout, Resolution of any part, Distentions, Convulsions, and such like; for Stiffness, Trembling, Palsies, or slight Apoplexies, and such like; for Lameness, Torpors, loss of Speech, and Suppressions of the inferior Parts.*

By these Observations we know that *Hippocrates* understood, That Cold Baths as well as Hot, cured the Obstruction of the Nerves in Palsies, Tremblings, Loss of Speech, Relaxaion of the Limbs, Torpors, Stiffness.

He observed how the windy Spirits were compressed or discussed in Pains, Convulsions, Tensions. He ascribes the opening of Obstructions, of the Menses, Urine, Stools, to Cold Water, as well as Hot. The reason of all these great Effects he also observed

obſerved, ψυχρῦ πολλῦ κατάχυσις θέρμης ἐπανάληψιν παίεσιν θέρμη δὲ τοῦτο ῥύεται; by which 'tis evident that *Hippocrates* underſtood, that Cold produced Heat, and that that Heat cured the Diſeaſes, for which Cold Baths are moſt effectual. Therefore all the Injury of Cold Baths, is from the ſtaying in them too long, or repeating them ſo oft as to ſuffocate or congeal the Heat neceſſary to Cure a Diſeaſe. From this Aphoriſm 'tis evident, That he preſcribed them θέρεϊ μέσῳ in the Summer, not in the Winter, and νέῳ διαίτῃ, to a young Man of good habit of Body.

In the Aphoriſms which ſeem to be collected out of the Tract of Liquids, I obſerve, that he deſcribes the exceſs of Hot Baths by πλεοναάκις χρεομένοισι; therefore we muſt avoid too oft Repetitions of Cold Baths as well as Hot.

In the Aphoriſms relating to Cold Baths, *Lib.* V. he diſtinguiſhes the Pains for which Cold is injurious, and they are thoſe which preceed Suppuration, or Pains depending on Suppuration: but by the preceeding Tract of Liquids 'tis plain, That both Rheumatick Pains and Windy Pains are cured by Cold only, ὀδύνην ἀνέχπυετον ποιέει, 'tis the only Pain cold injures. In the Aphoriſms, Cold, ſuch as Snow and Ice, is obſerved to produce Coughs, to

break Veins, and to cauſe Defluctions. Cold Air therefore heats as well as Cold Water, and produces the ſame Inconvenience in Bodies diſpoſed to them. Since I find theſe Aphoriſms agreeable to the Tract of Liquids, I may conclude, That that Tract was his as well as the Aphoriſms; and by theſe we may diſtinguiſh his Writings. I obſerve farther, that he deſcribes in his Aphoriſms the Virtues of Hot and Cold, without mentioning of Fomentations, Affuſions, or Baths; but the τὸ ψυχρὸν, or τὸ θερμὸν, relate to all of them equally. That *Hippocrates* well underſtood the Uſe of temperate Baths is certain, by the Direction he gives about them in his Book, *Of Diet in Acute Diſeaſes*, that he adviſes to Bathe, and that the way to the Bath be ſhort, and without Smoak, and that there be all Conveniences for Bathing, and that the Perſon bathed ſhould permit the Perfuſion and Deterſion to other Perſons, doing nothing but being ſilent themſelves. The Perfuſions which anſwered our pumping, ἐπαναλήσιας, ſhould be quick, the Deterſion by Sponges, and the Body to be anointed before very dry. After Eating immediately we muſt not Bathe, nor Eat immediately after Bathing. He recommends temperate Bathing for Inflammations of the Lungs, and Pain of the Back, Sides, Breaſt, becauſe it ripens the Spit,

Spit, and helps it up; and this we ought to imitate in ſtop of the Spit; it promotes Urine, helps the heavineſs of the Head, for which we ought to bathe our Patients in that Caſe in temperate Baths.

We ought not, according to his advice, to Bathe them who are too Looſe, nor too much Bound, nor before Purging. We muſt not Bathe the Fainty and Weak, nor the Nauſeous, and thoſe who are diſpoſed to Vomit, or have a Cholerick Windineſs in their Eructations, nor thoſe who are apt to Bleed, nor thoſe who live on thin Diet, or are feveriſh. I have here preſented you with enough to prove, that *Hippocrates* knew the Virtue both of Hot and Cold Baths, and the right Uſe of them.

*Hippocrates* alſo has made the Uſe of Hot and Cold Baths, part of his *Gymnaſtick Art*, when in his Third Book of Diet he directs us after the Exerciſe of the *Palæſtra* to bathe in Cold Water, but after other Exerciſe in Hot Baths.

But before I conclude, I muſt give you a Cure of that ſort of *Hypochondriack* Affection, which *Hippocrates* deſcribes to affect the Stomach with Pain and Vomiting of Choler and Phlegm; and when they take Nouriſhment, they are troubled with Winds, their Head akes, and pricking Pains are in their Limbs, which are alſo

Weak and Feeble; they burn and have a high Colour in the Face. For the Cure of it, *Hippocrates* propoſes Exerciſe, Travels, Purges, and Vomits frequently, and a Cold Bath in the Summer, and in Autumn and Winter anointing with Oyls, Aſſes Milk, and to abſtain from ſweet, fat and oyly Dyet, and to keep the Body open, and to uſe Glyſters and cool Diet.

If I had quoted no more than this one Caſe, it is ſufficient to juſtify my Deſign of Erecting a Cold Bath for the benefit of this Country; for the ſame Cauſe will oft fall into our Hands, and among many other Remedies, Cold Baths are neceſſary for the Pains, Weakneſs of the Limbs, Winds, and Convulſions. And by this Example, *Hippocrates* teaches us not to depend on Cold Baths alone, but to uſe them in a rational Method after general Evacuations, and not to neglect other Remedies, which joyned with Cold Baths, will after ſome time effect the Cure.

See *Hippocrates* of Diſeaſes, *pag.* 42. ψυχεσθαι τον σωμα ἡ το ἐαρ.

The want of a true Notion about the Effects of Cold Baths, has made the Tract of *Hippocrates*, concerning Liquids, very obſcure to all Tranſlators, and they have not well diſtinguiſhed, that the Virtues in the beginning belong to πυῖν, and thoſe repeated

repeated at the latter end, καταχυσις, which was performed by the Servant who uſed to pour Water upon Perſons, who bathed either in Hot or Cold Baths, as I could prove from *Hippocrates*: But I muſt deſiſt at preſent, and ſubmit all to your curious Judgment, and beg the favourable Cenſure of what I have Writ, and your kind Aſſiſtance in promoting my Deſign of Erecting a Cold Bath. In which I hope the Opinion of *Hippocrates* will engage you, as well as your uſual Candor and Reſpect to,

*SIR,*

*Your very humble Servant,*

LITCHFIELD,
*Decem.* 1, 1700.

JOHN FLOYER.

## LETTER III.

# Concerning the Ancient Immerſion of Infants in Baptiſm; and the Benefit thereof in curing many of their Infirmities, and the preventing Hereditary Diſeaſes.

*Candidus egreditur nitidis exercitus undis;*
*Fulgentes animas veſtis quoque candida ſignat,*
*Et grege de niveo gaudia paſtor habet.*

*To the Reverend the Dean, and Canons, Reſidentiaries of the Cathedral Church of* Litchfield.

*My Reverend Friends,*

MY Deſign being to recommend the Uſe of Cold Bathing to this Country, I thought it neceſſary for the aſſuring all People of the Innocency of that Practice, to repreſent to them the Ancient Cuſtom of our Church in the Immerſion of Infants,

Infants, as well as all other People at their Baptism. And I do here appeal to you, as Persons well versed in the Ancient History, and Canons, and Ceremonies of the Church of *England*; and therefore are sufficient Witnesses of the Matter of Fact which I design to prove, *viz.* That Immersion continued in the Church of *England* till about the Year 1600. And from hence I shall infer, That if God and the Church thought that Practice Innocent for 1600 Years, it must be accounted an unreasonable Nicety in this present Age, to scruple either Immersion or Cold Bathing as dangerous Practices. Had any prejudice usually happened to Infants by the trine Immersion, that Custom could not have been so long continued in this Kingdom. We must always acknowledge, that he that made our Bodies would never command any Practice prejudicial to our Healths, but on the contrary he best knows what will be most for the Preservation of our Healths; and does frequently take great care both of our Bodies and Souls in the same command. He has oft made that our Duty which highly tends to the Preservation of our Health. I may instance in fasting and subduing the Affections, and almost all sort of Moral Duties. The same I design to prove, that tho' he designed Immersion

merſion as a Baptiſmal Rite for the Repreſentation of the waſhing away all Original Sin; yet that alſo might be a natural Means for the curing the Infirmity, and preventing Hereditary Diſeaſes in Infants.

And if I can prove, that the Uſe of Immerſion will be very advantageous to the Health of Children where Diſeaſes are Hereditary, I may help to revive the Ancient Practice of Trine Immerſion, which the Church does yet recommend to all Perſons, when in the *Rubrick* it commands the Dipping of the Perſon to be baptized diſcreetly and warily. And in this Diſcourſe I deſign to prove only theſe Two Things. 1. That Immerſion was practiſed from the beginning of Chriſtianity, for 1600 Years; and this Phyſical Uſe I ſhall make of this Point, that they who well conſider that Ancient Cuſtom, cannot retain any Scruples againſt the ψυχρολυσία I ſhall recommend. The ſecond thing I will endeavour to convince my Country of, is the uſefulneſs of the Trine Immerſion to their Children, eſpecially in Families ſubject to Hereditary Diſeaſes.

I will begin with the firſt, That it was the general Practice of the Primitive Church to Baptize their Converts in Fountains, Ponds, or Rivers, and after that manner all Nations,

Nations, whether *Northern* or *Southern*, received the Baptiſmal Ablution.

The Holy Scriptures informs us, That St. *John* baptized in *Jordan*, and this was part of our *Engliſh* Liturgy, That by the Baptiſm of thy well beloved Son, *Jeſus Chriſt*, did ſanctify the Flood *Jordan*, and all other Waters. *Paul* baptized *Lydia* in a River. And *Philip* baptized the Eunuch in a Water, of whom 'tis writ, that they went down both into the Water. *Tertullian* affirms, That *Peter* baptized many in the *Tyber*.

'Tis certain, That there were no Baptiſteries built till after the Second Century, and then they were not built in the Church, but out of it, and near to ſome Cathedral, where the Biſhop uſed to Baptize at the Eves of *Eaſter* and *Whitſuntide*.

'Twas the Cuſtom to Baptize both Men and Women naked. And ſo *Conſtantine*, in the 65th Year of his Age, himſelf was baptized, tho' the firſt Chriſtian Emperor: And *Metaphraſtes* atteſts, That after he was naked, *Piſcinam ingreſſus eſt*, *An. Chriſt.* 348. 'Tis related, in the Hiſtory of the Church, That *Polycarp* baptized *Tranquillinus* naked, tho' he had a great Pain in his Hands and his Feet.

St.

*Chryſoſt. Homilies.* St. *Chryſoſtom* Interprets the word Baptize by Immerſion, *Trina Merſione baptiſma tuique tribuere*: And he mentions the Prieſt, *In loco ſuperiori ſtans ter illum demergit*; and *Chryſoſtom* lived *A. C.* 382.

I will mention a Quotation out of St. *Ambroſe, de Sacramentis*, who lived *An. Chriſt.* 381. becauſe he moſt particularly deſcribes the trine Immerſion. Thou art asked, *Doſt thou believe in God the Father?* Thou anſwereſt, *I do believe*; and thou wert dipped. Again thou wert demanded, *Doſt thou believe in the Lord Jeſus Chriſt?* Thou anſwereſt, *I do believe*; and then thou wert dipped again. *Thirdly*, Thou wert asked, *Doſt thou believe in the Holy Ghoſt?* Thou anſwereſt, *I do believe*; and thou wert dipped a third time.

St. *Cyprian* gives a ſufficient Teſtimony of the Baptiſm by Immerſion, in his 96th Epiſtle, in anſwer to *Magnus*, in theſe Words, *Queſiſti, mihi chariſſime, quid mihi de illis videatur qui infirmitate & languore gratiam Dei conſequuntur, an habendi legitimi Chriſtiani quod aqua ſalutari non loti, ſed perfuſi.* To which he gives this Anſwer, *In ſacramentis ſalutaribus neceſſitate cogente & Deo indulgentiam ſuam largiente totum credentibus conferunt divina compendia.*

In

In an old Ritual lent me by the preſent Chancellor of our Dioceſs, I obſerve the *Benedictio fontium*, and that the trine Immerſion was poſitively preſcribed in the Form of a Croſs; but if any one was ſo Sick that he could not ſafely be Dipt, *ſufficit illum aqua aſpergi.*

*Gregory the Great*, who lived *An. Chriſt.* 590. introduced the ſingle Immerſion in Oppoſition to the *Arrian* Hereſy.

I obſerve that in *Gratian's Decretals*, and *Gregory's Decretals*, both the ſingle and trine Immerſion are oft mention'd.

In the time of *Clodoveus*, the *French* King's Baptiſteries were built in the *Weſtern* Church, and placed near the Door on the Left-hand, they were parted in the middle by a Travers of Wood, one part was allotted to the Women, and the other to the Men, and Deaconeſſes were appointed to aſſiſt in the Baptizing of the Women. The Cuſtom of Baptizing naked Women is deſcrib'd by St. *Chryſoſtom*: And this, as *Caſalius* affirms, continued in the *Weſtern* Churches 'till the Year 1140, when it ceaſed in many places, but continued in the *Eaſt*, and others of the *Weſt* ſtill retained it longer. In all theſe Baptiſteries they uſed Immerſion, and they deſcended by Steps into them, as into a Sepulcher, becauſe we are ſaid to be buried with him in Baptiſm; and it was the Cuſtom of the God-

God-fathers to receive the Men, and the God-Mothers the Women, as they came out of the Water.

Because it may be objected, That this Practice may be fitter for the hot Climates than the colder, I will give some Instances out of *Bede*, *Spelman*'s *Concilia*, *Linwood*, and *Sparrow*'s *Collection of the* English *Canons*, to prove, That Christianity was planted in *England* by the Use of the Immersion, and that it was continued in *England* after the Reformation, during the Reign of *Edward* VI. and Queen *Elizabeth*.

*Spelman* in his first Part of his *Concilia*, gives us an Account, That *Lucius* writ to *Eleutherius* to send some Missionaries into *England*, to Convert and Baptize the Nation, and that he accordingly sent *Phaganus* and *Deruvianus*, who in the Year 166 preached, and baptized the King and his People, (*Regem cum suo populo sacro fonte abluerunt.*)

*Bede* in his Second Book relates how *Paulinus* baptized King *Edwin* at *York*, at *Easter*, in the Year 627, and at the Village *Regin*, in the Province of the *Bernicii*, he baptized a great number of People in the River *Glen*; and in the Province of the *Deiri*, he baptized them in the River *Swalva*. And *Bede* in *Lib.* 3. attests, That he baptized a great Multitude in the River *Trahenta*.

*henta*. And *Bede*, who flouriſhed in the Year of our Lord 696. gives this Reflexion, *Nondum enim oratoria vel Baptiſteria, in ipſo exordio naſcentis eccleſiæ poterant ædificari*. *Bede* gives an Account of *Byrinus*, who Preached in the Province of the *Geviſſes*, and baptized both their King and his People, *Fonte Baptiſmatis*; and that *Oſwald*, the King of the *Nordhumbri*, being preſent, *Eum de lavacro exeuntem ſuſcepiſſe*.

The Province of the *Mediterranean-Angle* were baptized by St. *Cedda*, and his Companions. And *Bede* deſcribes them whom they baptized thus, *Fidei fontæ ſunt abluti*.

*Wilfrid* converted the *South-Saxons* to the Faith, *Et lavacrum ſalutis miniſtrabat*. *Edilwalch*, their King, was baptized in *Mercia*, whoſe King *Wulfhere* being preſent, *Bede* in his Fourth Book, makes him his God-Father; *A quo etiam de fonte egreſſus loco filii ſuſceptus eſt*. *Bede* in his Firſt Book relates how *Ceadwella*, the King of the *Weſt Saxons*, left his Kingdom, and went to *Rome*, *Ut ad limina beatorum Apoſtolorum fonte Baptiſmatis ablueretur*; and that he was baptized, *Die Sancti Sabbati Paſchalis*, *Anno* 689. By all the preceding Quotations from *Bede*, 'tis clearly proved, That Immerſion was the general Practice in the firſt planting of Chriſtianity in

*Eng-*

*England*; and by the following Inſtances it will appear, that it was continued in the *Engliſh* Church 'till the time of King *James* I.

In *Spelman*'s *Concilia*, Part the Firſt, in the Synod of *Chelachyth*, under *Wulfred*, Archbiſhop of *Canterbury*, *Anno* 821. *Cap.* 22. I find theſe Words, *Sciant etiam preſbyteri quando ſacrum Baptiſma miniſtrant, ut non effundant aquam ſanctam ſuper capita Infantum, ſed ſemper mergantur in Lavatro, ſicut exemplum præbuit per ſemet ipſum Dei filius omni credenti, quando eſſet ter merſus in undis Jordanis.*

That the ſame Cuſtom continued afterwards, appears by the *Caſſillian* Council in *Ireland*, *Anno* 1172. in Part Second, of *Spelman*'s *Concilia*, where it was ordered, *Ut pueri deferrentur ad eccleſiam, & ibi baptizentur in aqua munda, trina merſione.* And in the Year 1195. in the Council at *York*, it was ordered, *Ne in Baptiſmate plures quam tres ſuſcipiant puerum de ſacro fonte.* And *Spelman* ſhews the continuance of Immerſion by a Statute made in the Council at *London*, held 1200, *Si vero puer in neceſſitate baptizetur à laico, ſequentia immerſionem non præcedentia per ſacerdotem expleantur.* Many more Teſtimonies of the Immerſion may be obſerved in *Spelman.* In the Conſtitutions of *Ric. Epiſc. Sarum*,

*Sarum* 1217. 'tis ordered, That in Baptizing of a Boy, there ſhall be but three, *Ad levandum puerum de fonte.* And in the conſtitutions of *Rich. Epiſc. Dunelm.* 1220. 'tis ordered, That the Water where the Child is baptized, ſhall not be kept above Seven Days; and in the *Synodus Wigornienſis*, *Trina ſemper fiat Immerſio Baptizandi*, *Anno* 1240. And in the *Synodus Exonienſis*, 1287. *Si puer rite baptizatus, non ipſa ſubmerſio, nec præcedentia, ſed ſubſequentia per ſacerdotem ſuppleantur.* And the *Synodus Wintonienſis*, *Anno* 1306. mentions the Immerſion. I have quoted all the preceeding Paſſages from *Spelman*, whoſe Credit cannot be queſtioned; and I deſire alſo thence to obſerve, that the Immerſion was always uſed to Children, as well as Adult Perſons.

I will next produce *Linwood*, who began to write his *Conſtitutiones Angliæ* about the Year 1422. And he gives the Provincial Conſtitutions of *Edmund Epiſ. Cant. An. Dom.* 1234. *Baptiſterium habeatur in qualibet eccleſia Baptiſmali lapideum, vel aliud competens.* And a competent Baptiſtery *Linwood* interprets big enough for the Immerſion of the Perſon to be baptized. And *Linwood*, *Page* 242. gives theſe Remarks on the different ways of Baptizing, although Baptiſm may be performed by

Aperſion, or Affuſion of Water, where there is ſuch a Cuſtom, yet the more laudable Cuſtom is, that it ſhould be done by Immerſion; and tho' the Immerſion may be one, yet the Cuſtom of the trine Immerſion is more to be approved, becauſe it ſignifies our Faith in the Trinity, and the three Days ſepulture of Chriſt. Tho' this was the Opinion of the Canoniſts in his Days, yet 'tis plain, that the trine Immerſion continued longer in *England*: For *Eraſmus* noted it as a piece of Singularity in the *Engliſh* Church, becauſe in his time they uſed Immerſion; and it is evident by the *Rubrick* in King *Edward* VI's Days, that the *Engliſh* Church uſed that Practice: Then ſhall the Prieſt take the Child in his Hands, and ask the Name, and naming the Child, ſhall dip it in the Water thrice, *Firſt*, dipping the Right-ſide; *Secondly*, the Left-ſide: And the *Third* time, dipping the Face towards the Font, ſo it be diſcreetly and warily done. In the Common-Prayer-Book in Queen *Elizabeth*'s Days, the *Rubrick* ſays, Naming the Child, you ſhall dip it in the Water, ſo it be diſcreetly and warily done; but if the Child be Weak, or be Baptized privately, in caſe of neceſſity, it was ſufficient to pour Water upon it.

King *Edward*'s Injunctions were publiſh'd

1547. by which all People were forbid the breaking obſtinately the laudable Ceremonies of the Church. And in *Sparrow*'s *Collection of Articles*, &c. In the Articles of Queen *Elizabeth*, 1564. 'tis ordered, That the Font be not removed, nor that the Curate do Baptize in any Pariſh Churches in any Baſon, nor in any other Form than is already preſcribed. And 1571. *Liber Canonum, Poſtremo curabunt ut in ſingulis eccleſiis ſit Sacer fons, non pelvis, in quo Baptiſmus miniſtretur, riteque decenter & mundè conſervetur.*

I have now given what Teſtimony I could find in our *Engliſh* Authors, to prove the conſtant Practice of Immerſion from the time the *Britans* and *Saxons* were baptized, till King *James*'s Days, when the People grew peeviſh with all Ancient Ceremonies, and through the love of Novelty, and the Niceneſs of Parents, and the pretence of Modeſty, they laid aſide Immerſion, which never was abrogated by any Canon, but is ſtill recommended by the preſent *Rubrick* of our Church, which orders the Child to be dipt diſcreetly and warily.

I have been credibly informed by a Perſon of Quality, who had the Relation from Mrs. *Shaw*, an Ancient Midwife, that Sir *Robert Shirly*, in King *Charles* I's Days,

cauſed three of his Sons to be dipped in the Font without any prejudice to them; and that one of that Honourable Family, who was thus baptized, is now living. I mention this, to ſhew the Opinion of ſome in thoſe Days, who thought that Immerſion Innocent; and 'tis probable that many others were very unwilling to part with this laudable and ancient Practice of Immerſion.

I could not but obſerve theſe prudent Cautions uſed by the primitive Church in the Ceremonies of Dipping.

1. The times of Baptiſm were appointed at *Eaſter* and *Whitſuntide* in the *Weſtern* Churches; which, though it was a religious Practice in reſpect to the Death and Reſurrection of our Saviour, and the ſending of the Holy Ghoſt at thoſe times; yet theſe times might be accounted more ſafe for the Immerſion than the Winter; but the Immerſion was alſo uſed at all times of the Year, when this Practice began to be diſuſed; and in the *Eaſtern* Church they baptized at *Epiphany*, the time of our Saviour's Baptiſm.

2. The Ancient Church uſed Faſting before Baptiſm till Evening; but this was at laſt changed into a Morning Baptiſm; faſting or being empty makes the Cold Immerſion leſs dangerous, as in Cold Baths.

3.

93. The Ancients anointed the Child's Breaſt and Shoulders all over before the Immerſion, and ſuch Unction was alſo practiſed in Cold Baths.

By the time of the Year, the Faſting and Unction, 'tis evident, that the Church prudently conſulted with our Phyſical Experience in the Circumſtances of Immerſion. And ſince Cold Baths were frequently uſed in *Auguſtus*'s Days, (and the following Emperors, till *Galen*'s time, and after) as appears by *Suetonius* in the Life of *Auguſtus*: And *Celſus* often mentions it as well as *Celius Aurelianus*; and *Galen* in his Tract for the Preſervation of Health, has given full Directions concerning the Uſe and Benefit of it; all which I have quoted in my Treatiſe, *Of the Right Uſe and Abuſe of Baths*: 'Tis no wonder that all Chriſtians then freely uſed Trine Immerſion, which the general Practice of Phyſick had then taught the World to be both ſafe and uſeful; and when Chriſtianity was firſt planted, the Bath Structures were turned into Temples, and the *Piſcina*'s or Cold Baths, were called *Baptiſteria* by *Pliny* Junior, and in them they baptized frequently.

I will next undertake to prove, That the Uſe of Immerſion had a Natural as well as a Divine Virtue, which was the preventing of Hereditary Diſeaſes, and curing

ſome Infirmities in Infants. I cannot ſuppoſe that any Body will aſſert that the Conſecration does alter the Nature of the Water, but rather improves its natural Effects; therefore whoſoever is immerſed, muſt partake of all the natural Benefits which are produced by being dipped in Cold Water.

But before I give the natural Effects of Cold Water, I muſt remark, That the Church Hiſtorians attribute many Cures to a miraculous Power, as *Naaman* was cured by his being dipped ſeven times in *Jordan*, and the Cripples in the Pool of *Bethesda*. Theſe I have mentioned to ſhew, that miraculous Cures were done by the uſe of Water in the *Jewiſh* days; and ſome are mentioned by the Chriſtian Hiſtories. *Conſtantine* was cured of his Leproſy by his Baptiſm in the Pond he ſaw in his Viſion, in which Pope *Sylveſter* afterwards dipped him. The ſame Story is reported of *Clodoveus* by *Gregory Turonenſis* at his Baptiſm, that he was alſo cured of a Leproſy, *Prodit novus Conſtantinus ad lavacrum deleturus lepræ veteris morbum*, Greg. Turon. lib. 2. It was the Cuſtom of the Church to keep the Water in the Font locked up, to preſerve it from ſuperſtitious Uſes, which were probably grounded on the Cures obſerved to be done by the Immer-

*Anno* 499.

Immerſion in Baptiſm; and this might occaſion ſome ſuperſtitious Uſes of it in curing Diſeaſes. It has been a proverbial Saying amongſt the old People, *That if any one complained of any Pain in their Limbs, Surely that Limb had never been dipped in the Font*; by which we may obſerve, that the Common People believed that the Immerſion prevented Rheumatick Pains, for which Cold Baths is very beneficial.

'Tis very probable that the *Jewiſh* Prophets and Prieſts, had a great knowledge in Phyſick, as well as the Divine Rites; they were Judges of the Leproſy, and its Cure, and the ſeveral Species of it. In that hot Country, this Diſeaſe being common, they muſt obſerve all the Methods which Experience, or the Holy Spirit had ſuggeſted for the Cure of it. By the Miracles above cited, we find a Divine Preſcription for the Uſe of Immerſion; and by the ſudden Cures, 'tis certain the natural means of Dipping was much invigorated by a ſupernatural Virtue to cure the Leprous. In the cleanſing of the Leproſy they waſhed his Body as well as his Cloths; and in that low degree of Leproſy in our *Northern* Climate, which we call *Lepra Græcorum*, I have known the Cold Bath at *Willowbridge* to have done much good. And for the Scurvy, Swimming in Rivers

is oft prescribed; and our Country has found by Experience, that the Cold Water in *Sutton-Park* cures all Scabious Affections, which have a like Nature as the Leprosy.

As Physicians have learned the best means to prevent and cure the Leprosy by the miraculous Cures of it; so ought all Persons, in whose Family any Leprous Affections are hereditary, to consider both the Miracles mentioned, and the natural Means used by Physicians for the helping that Disease. And thus to argue, 'tis a Rule in Physick, That what will cure a Disease, will most effectually prevent it; therefore all the Children of Leprous Parents do want the Trine Immersion in Baptism, which will in their tender Age correct the putrid Odor of Leprous Bodies, and cause a better Perspiration of it. It causes Evacuations by Stool, Urine, Sweat; and those may discharge much of the putrid Humours, which they derived from their Parents: And I must add this farther Direction, that such Parents ought to breed up their Children to drink Water, and to abstain from fermented Liquors, and Flesh; because these promote the Putrefaction in Leprous Bodies, and by a frequent use of Cold Baths, the increase of that Disease will be very much hindred.

The

The miraculous Cures at the Pool of *Bethesda*, Dr. *Hammond* conjectures to be from some natural Virtue the Water acquired from the Blood of the Sacrifices, which in great quantity was mixed with that Water, upon great Festivals; that bloody Water might cure the Leprosy, for which a Bath of Humane Blood is commended by the Ancients. 'Tis probable it was only the Vulgar Opinion, That an Angel moved the Water, when the putrid Blood did ferment, or rather some Mineral Fumes ascended with the Spring in a narrow compass. And such hot Places of small Extent, we find in our Baths, where one only Person can stand to receive the benefit of it. But the Pool of *Bethesda* was certainly Cold Water, because 'tis called the *Sheep-Pool*, for washing them before the Sacrifice; and therefore had its Virtue from the Blood which putrified in some certain part of it, or rather from Mineral Fumes, and that cured the Blind, Lame, and Withered, (or Consumptive) which lay in the Hospital called *Bethesda*, expecting the Ebullition, or moving of the Waters, which made them Sanative in an extraordinary manner. By this Instance we may observe how ready all Persons are to admire and use Sanative Waters for the Health of their infirm Bodies: Imputing their Virtue to some

God,

God, or esteeming such useful Medicines, as Ἱερὰ χέρνιβα.

I will next from the Sacred History give some Examples to shew, that the Ablution in Cold Water was used by Divine Men, to prepare them for Divine Offices, and to dispose them for new Doctrines. The *Jewish* Priests washed their whole Bodies before they went into the Temple to officiate, an Imitation of which were the Washings and Lustrations of the *Gentiles*.

The *Jews* used a second sort of Washing of the whole Body, when they received Proselytes into their Temple. The Proselytes born of *Heathenish* Parents, received the *Jewish* Religion, not only by Circumcision, but also with the Ceremony of Ablution of the whole Body, done solemnly in some River, where they sat up to the Neck in the Water, and learnt there some Precepts of the Law. St. *John Baptist* took this Custom from the *Jews*, and he baptized at *Ænon* in a Confluence of much Waters, all those who repented of their Transgressions of the Moral Law, and believed the sudden coming of the *Messias*. *John*'s Baptism was only a Ceremony to initiate all his Converts into his new Doctrine; and that like the Priest's Ablutions had not only a natural Power for the Ablution of Corporeal Impurities, but also it prepared the

Mind

Mind for Divine Illuminations and Government, by compoſing the Heat and irregular Motion of the Spirits, and all Corporeal Impreſſions of Love, Anger, and all other Exceſſes, which the natural Temperament produces. Thoſe Spirits are moſt capable of Judgment, and Wiſdom, and Memory, which are ſtrong, lively, but tranquil in their Motion, and it is the certain Effect of the ψυχρολυσια to invigorate the Animal Spirits, and refreſh them, to cure that Stupor which all hot Regimen produces in the Mind; and alſo the weakneſs of the Nerves produced by the ſame.

Cold Baths cauſe a ſenſe of chilneſs, and that as well as the Terror and Surprize, very much contracts the Nervous Membrane and Tubes, in which the aerial Spirits are contained, and they being kept tenſe and compreſſed, do moſt eaſily communicate all External Impreſſions to the ſenſitive Soul; not only the External Senſes are more lively in Cold Weather, but all our Animal Actions and Reaſoning are then more vigorous by the External Compreſſure of Cold Air; and the ſame may at any time be produced by Cold Baths: But when the Air is warm and wet, the Compreſſion on the Body being abated, a Heavineſs poſſeſſes the Head, and all the Senſes are more ſleepy and dull. And to prove that the Cure

of

of moſt Infirmities of the Brain may be perform'd by Cold Water, I will tranſcribe the Words of *Celſus*, *Capiti nil æque prodeſt atque aqua frigida. Itaque is cui hoc infirmum eſt, per æſtatem, id bene largo canali quotidie debet aliquando ſubjicere, ſemper tamen etiam ſi ſine Balneo unctus eſt, neque totum corpus refrigerare ſuſtinet, caput tamen aqua frigida perfundere debet.* He farther obſerves the great benefit of the *frigida Lavatio*, as he calls it, to the Diſtempers of the Eyes, *Neque vero iis ſolis quos capitis Imbecillitas torquet uſus aquæ frigidæ prodeſt, ſed iis etiam quos aſſidua lippitudines, gravedines, diſtillationes, tonſillæ male habent, hic non tantum caput perfundendum, ſed etiam os multa aqua frigida perfundendum.*

'Tis a curious Remark which *Celſus* has made about the Uſe of Cold Bathing, that it's moſt uſeful in wet Weather, when all People are ſenſible of a Heavineſs and Dulneſs of their Spirits; theſe are his Words, *Præcipue omnibus quibus hoc auxilium utile eſt, eo utendum eſt, ubi gravius cælum Auſtri reddiderunt.* I have clearly prov'd Cold Immerſion to be uſeful in all the Infirmities of the Head and Eyes: And I might add, That Deafneſs has been lately cured by the ſame, in the Cold Bath at *London*. And from the Cure of theſe Infirmities of the Brain, we may infer, That the Ceremony

of

of Ablution of the whole Body, had a good natural Effect on the Body, and prepared the Mind for the Reception of Divine Thoughts and Impreſſions, by purifying the Animal Spirits, and compreſſing their irregular Motions. And ſince all Phyſicians and Moral Philoſophers, teach us to rectify the natural Infirmities of the Mind by a ſuitable Diet and Exerciſe, I hope you will not think this Reflexion extravagant, that I ſay all Divine Perſons have uſed the Immerſion into Cold Water upon the ſame Account, and that the Chriſtian Inſtitution has only improved that Ceremony, by the annexing great Benefits to the Performance of it, *viz.* The Admiſſion into the Church, the Remiſſion of Original Sin, and the Reception of the Holy Ghoſt, who by a Supernatural Power purifies and enlightens the Mind in a greater meaſure than the Power of the beſt natural Means we have can effect, which only alters the Temperament, introduced by the Original Sin of our firſt Parents. *Hippocrates* imputes all Wiſdom and Folly to our Natural Temperaments, which we may make better or worſe as to Wiſdom or Folly, according to our good or bad Regimen; for when the natural Heat, or *globuli ſanguinei* prevail too much above the natural Degree of Serum in our Humours, the Soul becomes too quick,

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precipitate, inconſtant, and furious. And he teaches us for that this Regimen, To increaſe the Serum by moiſtening Diet, to uſe only gentle Exerciſe after Eating, and to avoid all Exceſs of hot Diet, which makes them furious; to eat rather Herbs and Fiſh, and to drink nothing but Water; to uſe moderate Exerciſe in the Morning, by walking to diſcuſs hot Humours; and he commends a Tepid Bath. But that a Cold Immerſion alſo has a general good Effect in all the Infirmities of the Brain, I have fully proved by the Quotations from *Celſus*; and becauſe Cold Baths ſtop the Circulation of Hot Blood to the Brain, they may therefore give a greater clearneſs to its Faculties. The effect of all violent Paſſions which diſturb the Judgment, is to carry a great quantity of Blood to the Brain; and by a violent Circulation the Spirits are furiouſly agitated, which is very prejudicial both to Wiſdom and Prudence. I have therefore believed that Cold Bathing is a neceſſary Regimen for the obtaining of both, and not only a pure Ceremony for the Initiation of Proſelytes.

I will next conſider the uſefulneſs of Immerſion in the contrary Temperaments, where the natural Heat or Spirits are but few, and the Serum does too much abound, ſuch Temperaments make us Dull, Stupid, Fooliſh,

Fooliſh, and Slow in all our Actions and Senſes; for where the Circulation of Humours is ſlow, there the Animal Spirits act heavily. And for theſe Tempers, *Hippocrates* preſcribes this Regimen: to uſe a drying Diet, and to Eat little; they muſt uſe violent Exerciſe, and Purges of *Hellebor*, and Vomits, and hot Stoves; and by theſe Methods they will attain great Health both in Body and Mind, and thereby become more Brisk, Wiſe, and Prudent. That Cold Immerſion produces a Drineſs in over-moiſt Conſtitutions, is evident by the Evacuations it makes by Urine, Stools, and Sweats; and by a moderate degree of it, it produces a Heat and Ebullition in the Humours which may be uſeful to cold Temperaments; but in hot Tempers we uſe a greater degree of Cold Immerſion, to ſtupify and congeal the over-rarified Humors, as a ſlight continuance in hot Baths rarifies and heats our Blood; but a longer uſe cools by Evacuations of Sweat. And ſo it is in Cold Bathing, we may uſe it in different degrees, and thereby produce contrary Effects; a little Cold heats, but an exceſſive ſtarves us. Moſt Paſſions are attended with a diſorderly Motion of the Spirits and Blood, which the Cold Immerſion checks, or alters their Motions; for in Cold Baths the Pulſe is ſmall, ſlow

and rare, and the Spirits ſuffer a ſhivering or tremulous Motion, and a Fright or Surprize, which certainly diſtracts any impreſſed Motion from the Body in its natural Paſſions, as well as the voluntary Paſſions depending on cogitation. That the Cold Immerſion ſtirs up the Lethargick, we may obſerve by its Effects on a Drunken Man, who by a ſudden Immerſion into Cold Water, does preſently become Sober, and makes great quantity of Water. We ſprinkle Cold Water upon fainting Perſons, which excites their Spirits to return into the Senſes; but a great Terror and Surprize happens upon an Immerſion, and that excites the drowſy Spirits to contract all their Tubes and membranous Veſſels, by which all Senſation is made more lively, and all Actions of the Body more ſtrong, and the ſtupid Mind is powerfully excited.

If we reflect on the vicious Regimen of Men of this Age, who addict themſelves to too much Tobacco, Strong Ale, or Wines, or ſtrong Waters; to Salt, and high Sauces, and Gravies; to a conſtant Diet of raw roaſted Fleſh-meat, fermented Bread, and fermented Liquors, (without any ſuch Intermiſſion as the Church adviſes in Lent and Faſting-days) we may truly diſcern the occaſion, or firſt Original of the Diſeaſes moſt frequent among us, which depend on

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a Blood too much heated, ſalt or inſpiſſated, or the Spirits over rarified: Such is the Rheumatiſm, the Gout, Stone, Conſumptions, Convulſions, Scurvey, Apoplexy, Deliria, Melancholies, Hypochondriaciſm, Cancers.

If we alſo conſider the vicious Diet or Regimen of Women, who are taught to Drink not only Strong Wines and Hot Liquors, but all ſorts of ſugared and ſpiced Liquors, Chocolate, Coffee, Tea, from their Youth; they are oft uſed to Strong Broths, High Sauces and Pickles, Oyſters, Anchovies, Herrings, Muſhrooms, Strong Pottages, and Meat full of Raw Blood; theſe Errors in Diet produce all the Female Fluxes, Scurfs, Leproſies, Conſumptions, Hyſterick Diſorders, Cancers, Decay of Appetite, and ſpeedy Old Age. What Children are produced from Perſons, who have thus by an ill management corrupted their Blood and Spirits, muſt certainly inherit the Diſeaſes of their Parents, and after, if bred up in the vicious way of Living, they will ſtill increaſe the Propagation of the ſame Diſeaſes, which are very much heightned in their Virulency by the continuance of the ſame ill Regimen for two or three Generations. 'Tis certain that nervous Diſeaſes are of all moſt Hereditary. And I have heard ſome complain, That Fits of the Mother, Hypochondriaciſm,

Convulſions, and Apoplexies, are now more frequent than in former Ages; and theſe cannot be imputed to any thing more than the ill Regimen in Hot Diet, want of Exerciſe, and the vehement Paſſions of the Female Sex, as well as the Effeminacy of the Virile. That theſe Diſeaſes may be much prevented by the Trine Immerſion will be made very probable, ſince they may be much relieved, palliated, or cured by Cold Bathing. I will firſt deſcribe the general Benefits of it which Infants have hereby, who are Born of Parents that have injured their own Healths by a hot Regimen. Such Infants, like their Parents, have a ſoft flaccid Fleſh, and porous Skin: The Cold Immerſion hardens their Fleſh, and contracts the Skin, and makes it inſenſible of all the Changes of Weather. Such Infants have weak Limbs, and a ſtupidity of their Minds: The Cold Immerſion will ſtrengthen the Limbs and clear the Head, and excite the ſenſitive Soul to act more vigorouſly. No Diſtemper is more frequent in Infants than the Rickets; and ſince 'tis certainly known that Cold Bathing will cure them, as I ſhall hereafter prove, we may clearly infer from thence, that the Immerſion in Baptiſm would probably prevent that Diſtemper, which ſeizes Infants from the ninth Month to a Year

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and a half. Since the Rickets is esteemed a new Disease, I thought fit to consider its Original in our Country, and I find that this Distemper is reputed to have commenced near the time when the trine Immersion began to be disused in our Church. We have this Account of the Origin of the Rickets in Dr. *Glisson*'s Book concerning them. The Rickets were first known in the *West* of *England*, in the Countries of *Dorset* and *Somerset*, about thirty Years before the Writing of his Book; and the Second Edition of it was printed 1650. but the first some time before.

The Rickets therefore appeared first about the Year 1620. and afterwards travelled into all Parts of the Kingdom, and it was more rare in the *Northern* Countries, where they commonly cured it by Bathing in St. *Mungo*'s Well.

I have proved the continuance of the Immersion, till after Queen *Elizabeth*'s Days; therefore by the disuse of it, the rise of the Rickets was much promoted: For since Cold Baths are the best Cure, the Immersion would have been the best Preservative against them. Therefore whatever might be the first Cause of the Rickets, whether the neighbouring hot Baths, or an Excess of the Use of them by its Borderers, or any Intemperance in Diet, I may 1603.

certainly conclude, that the diſuſe of the Trine Immerſion very much helped its ſpreading all over the Kingdom of *England.*

I will proceed farther to give the Effects of Immerſion in other Diſeaſes, to which Infants are ſubject.

Infants are ſubject to the Stone, and much fabulous Matter is ſettled in their Urinary Paſſages during their ſtay in the Womb; for which reaſon, Children are oft Born with the Stone. 'Tis certainly known that by Immerſion into the Water the Suppreſſion of Urine may be cured; therefore the Trine Immerſion does very much cleanſe the Urinary Paſſages, by occaſioning great Quantities of Water.

Children are much troubled with Gripes if much bound, but the Cold Immerſion cauſes the purging of the Black *faces*, which cauſe the Gripes in Infants.

Children are ſubject to Pimples and Scabs in the Skin, Inflammations and Excoriations of it; the Immerſion not only clears the Skin by Ablution of the ſame from the Salt Humour in which it ſwam in the Womb; but that alſo produces Sweat, and tranſpires the Acid Salt Serum, which corrodes and inflames the Skin.

The New-born Children are ſubject to Inflammations of the Mouth, Navel, and

of

of the Ears; Coughs, Vomits, want of Sleep, Frights, and Convulsions, *&c.* Most of these Diseases depend on a sharp Serum, which being evacuated by Urine, Stool, Sweats, which are occasion'd by their Immersion into cold Water; those Diseases will also be prevented by the same: Which also contracts the nervous *Fibrillæ*, and thereby strengthens all Parts against any Defluxion of Humours.

I have mentioned the Childrens Diseases which the Baptismal Immersion will prevent, and I think it probable that it may rectify the *mala stamina* of the solid Parts, and the ill Effervescency of the Fluids, by which hereditary Diseases will in time appear. The Immersion contracts all the solid Parts, and therefore strengthens not only the Limbs, but the Glandules; of which nature, the Liver, Spleen, Kidneys, and Brain are, who all receive a better Tone thereby; all the hot Blood and Spirits, and their Vessels are compressed, and the Child becomes hardy, brisk, and active, all which may very much prevent the growth of Hereditary Diseases; such are the Gout, Stone, Asthma, Convulsions, Melancholies, and other *Deliria*, Palsies, Apoplexies, Blindness, Deafness, Consumptions, Rheumatick-pains, and King's Evil. And since Cold Baths are great helps in curing of these

Diſeaſes, the Trine Immerſion may conduce very much to prevent the ſame.

I hope you will pardon me, my Reverend Patrons, for intermixing Phyſical and Spiritual Things. I have made the Immerſion almoſt an Univerſal Remedy for our infirm Bodies, as well as a miraculous Purifier and Cleanſer of the Soul by its ſupernatural Virtue.

The frequent Conſideration of this Subject hath afforded me theſe following Reflections, That all Divine Inſtitutions have ſuch large and diffuſive Virtue, as to remedy the Diſorders both of Body and Mind; ſo the Obſervation of Faſting-days in the Church preſerves the Health of the Body, and prepares the Mind for Divine Meditations. Our Saviour firſt cured the Diſeaſes of our Bodies, that thereby he might convince the Infidel *Jews* of his being the *Meſſias*, and thereby ſave their Souls.

The Second Reflexion I made, was, That the Church of *England* continued the Uſe of Immerſion longer than any other Chriſtian Church in the *Weſtern* Parts of the World; for the *Eaſtern* Churches yet uſe it; and our Church ſtill recommends the Dipping of Infants in her *Rubrick*; to which I believe the *Engliſh* will at laſt return, when Phyſick has given them a clear Proof by divers

divers Experiments, that Cold Baths are both ſafe and uſeful.

The laſt Reflection I made, was, That they did great Injury to their own Children, and all Poſterity, who firſt introduced the Alteration of this truly Ancient Ceremony of Immerſion, and were the occaſion of a degenerate, ſickly, tender Race, ever ſince. But this diſuſe is no way imputable to the Church, but to the perverſe Humour and Prejudice of the People, who would rather have no Baptiſm, than not have it according to the new Mode of the laſt Century.

Before I conclude, I ought gratefully to acknowledge the Uſe of ſome of your Books, I borrowed, relating to this Subject, as well as the kind Incouragement and Aſſiſtance in the building of my Cold Bath. All the Reſpects I can return, is to chuſe you Patrons for this Eſſay, concerning the old Ceremony of Immerſion; and I thought none ſo fit as the Governours of our Church, who by their Eminent Piety and Learning are the great Ornaments of it. I beg your Acceptance of this ſmall Preſent I make you, and deſire it may be a Teſtimony of my great Eſteem for the Primitive Conſtitution of the *Engliſh* Church. And that I might hereby expreſs my Deſign of doing good, both to the Bodies and Souls

of Mankind; I have exceeded, I know, the Bounds of my Profession, and if I have any way deserved your Censure in treating of these Ecclesiastical Affairs, I beg all your Pardons for my Mistakes and Errors, which I hope you will freely grant to me, who am,

*My most Reverend Patrons,*

*Your most Obliged and Humble Servant,*

*Litchfield, December, 15, 1700.*

JOHN FLOYER.

LET.

## LETTER IV.

# Concerning some remarkable Cures done formerly, or lately performed by Cold Bathing.

*Qui caput & stomachum supponere fontibus audent*
*Clusinis, Gabiosque petunt & frigida rura.*
Horat. Epist. xv. ad Valam.

## *To all those Worthy and Obliging Gentlemen, who have contributed towards the Erecting the Cold Bath at* Litchfield.

PHysicians oft find it a difficult Task to conquer the Aversions of Nice Patients, and to persuade them to use those Medicines to which they have not been accustomed, until they have first convinced them, that their Medicines are both safe and necessary. I expect to find the same Aversion to Cold Bathing. I will therefore take

take the ſame Method to convince you, my Honoured Benefactors and Country-men, that Cold Baths are both ſafe and uſeful. None will deny that that Method of Phyſick is ſafe, which has been long tried by the Ancient Phyſicians; and again, lately tried and well experimented by the Modern Doctors: And all will then admit that Cold Baths are uſeful, when I have proved that they are neceſſary, both for the Preſervation of our Healths, and for the curing many conſiderable Diſeaſes.

The Antiquity of Cold Baths is fully proved by what I have obſerved from *Hippocrates*'s Writings, and from thence I infer, That Cold Baths are as Ancient as the Hot Baths. And when I have hereafter given *Galen*'s Directions for the ſame, it will appear that Cold Baths laſted longer than the *Grecian* Monarchy, and that the *Grecians* had that Practice from the *Scythians*, and *Ægyptians*, as well as all other parts of Phyſick, which they improved, and communicated to the *Romans*. And that they commonly uſed the Cold Immerſion, appears ſufficiently by the Teſtimony of *Celſus* and *Horace*; and the Cure of *Auguſtus*, related by *Suetonius*; and by what *Seneca* writes of his own Practice. And *Pliny* largely deſcribes the Cold Bathing in his time. *Cœlius Aurelianus* gives us the

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Practice of *Soranus*, who in many Diſtempers, as the Aſthma, *&c.* preſcribes the *Pſuchroluſia*, and he lived about *Trajan's* time. But *Galen* many Years after, and he practiſed at *Rome*, as well as among the *Grecians*, who alſo was well verſed in the Art of Cold Bathing, and preſcribed many Cautions about it. After him *Ægineta*. *Aëtius* quoted what he wrote, and preſcribed Cold Baths for the preſerving of Health, and the curing of many Diſeaſes. To all theſe I muſt add what we have by an uninterrupted Practice uſed, both at *Holywell*, St. *Mungo's*, *Willowbridge*, *Roathen-well*, and many other Cold Springs in *England*. If we had not theſe Practices from the *Romans*, we may be ſuppoſed to have learnt them by our own Country Experience; for Nature ſeems to have taught all Nations the Uſe of Cold Water, where the Art of Phyſick has never been yet known; as in *Tartary*, *Muſcovy*, and among the *Indians*; ſo that we may eſteem the Uſe of Cold, as well as hot Baths, to be from the Dictates of our Natural Reaſon and Senſes, whereby we are taught to heat our ſelves by Fire, and cool our overheated Bodies by Water. Cold Baths were olden than *Hippocrates's* Art, not the product of any Hypotheſes, but eſtabliſhed by the Experience of all Mankind in the colder Climates.

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The Author *of the Embaſſy from* Muſcovy *to* China, gives us an Account how the *Tounguſes*, a *Tartarian* People, harden themſelves againſt extream Cold of their Air; as ſoon as their Children are Born, they in the Summer-time put them into Water, and in the Winter lay them in Snow to harden their Skins. Sir *John Chardin* mentions a kind of Waſhing the *Mengrelians* uſe to their Children in their Cellars; and that the *Romiſh* Prieſts only drop three Drops of Water on their Forehead, which with a mental Form of Baptiſm they think ſufficient to make the *Tartars* good Chriſtians. Mr. *Locke* tells us, That the *Jews* in *Germany* and *Poland*, where the Air is as Cold as in *England*, Bathe themſelves, both Men and Women, in the Winter, as well as Summer, without any prejudice. And the *Germans* of old, and the *Iriſh* at preſent, Bathe their Children in Cold Water: And that in the *Highlands* of *Scotland*, the Women Bathe their Children in Winter. By theſe Inſtances it appears, that the *Northern* People have found Cold Baths very uſeful to their Bodies.

I might urge the Practice of the Primitive Church in the Immerſion of all Perſons baptized; but that matter being ſufficiently proved to have laſted 1600 Years, is a convincing Argument for the ſafe Uſe of

of Cold Baths, as well as for their Antiquity. I will only add ſome Modern Practices of that Nature, to ſhew how cloſely ſome Nations yet retain that Ancient Cuſtom.

Sir *Paul Ricaut* gives us an Account of the preſent Baptiſm in the *Grecian* Church, (which extends it ſelf into *Muſcovy*, and *Georgia* Northwards, and into *Anatolia*, *Thrace*, &c. In ſhort, moſt of the *Eaſtern* Chriſtians follow the Practices of that Church); and he tells us, That Church holds Dipping or Plunging into Water as neceſſary to the Form of Baptiſm, as Water to the Matter; for the Proof whereof he ſays, They quote the 50th Canon, called *Apoſtolical*; and the 42d Chapter *of the Apoſtles Conſtitution*; and that the Trine Immerſion was uſed as a Teſt againſt the Hereticks, who deny the Trinity. And Dr. *Smith* deſcribes their Font or Laver one Foot and a half deep; and he tells us, That they Dip the Child at the mentioning of each Perſon in the Trinity. And he aſſures us, That they rigidly retain the Trine Immerſion according to the Cuſtom and Practice of the firſt Ages; but that they vary from it on ſome occaſions, and pour Water on the Child's Face three times.

I am informed, That ſome of the *Welſh* yet Baptize by Dipping, and that their Nurſes

Nurſes ordinarily waſh their Chidren in Cold Water every Day from their Birth, till they are three Quarters of a Year old; by which Method they preſerve them from the Rickets.

Mr. *Berewood* informs us, That the *Habaſſians* Baptize themſelves every Year on the Day of the *Epiphany* in their Lakes and Ponds, which they practiſe as a Memorial of Chriſts Baptiſm on that Day in *Jordan*. And he adds, That the *Muſcovites* do the like on the ſame Day, in Memory of our Saviour's Baptiſm. And by theſe two Inſtances we may obſerve, That the Chriſtians in *Muſcovy* and *Æthiopia*, agree in the Immerſion in Baptiſm, as well as their Memorial of it, though their Climates are very differing; the one being extream North and Cold, and the other very Hot.

*Vaunſter*, in his *Preſent State of* Ægypt, gives an Account of the *Copti's* practiſing the ſame Ceremony on the 16th of *January*, when they celebrate the Feaſt of the *Epiphany*, when after the Prayers at Night they dip themſelves in a Pond or Baſon of Water, which is near the Church in a Chamber, three Perches ſquare, but as deep as any Man is high; and after the Men have done, the Women dip themſelves.

Dr.

Dr. *Giles Fletcher* gives an Account of the *Ruſſians* Baptiſm, That the Prieſt ſtandeth ready in the Church-Porch with a Tub of Water by him; and after certain Prayers, he plungeth the Child thrice over Head and Ears; for this they hold to be a Point neceſſary, that no part of the Child be undipped in the Water. If the Child be Sick or Weak, eſpecially in the Winter-time, they uſe to make the Water lukewarm: *See* Purchas *Pilgrims*. He further tells us, That on the Twelth day, the River at *Moſco* is made Holy; and after the Women dip in it their Children over Head and Ears, and both Men and Women leap into it; ſome naked, and others with their Cloaths on; and this Water they give to their Sick to Drink. They uſe Bath-Stoves to Cure their Diſeaſes oft in a Week, and when they come out of them ſweating, they leap into the River naked, or elſe pour Cold Water all over their Bodies, and that in the coldeſt time of the Winter *See* Purchas.

I think it neceſſary here to Anſwer an Objection, which thoſe of this Age may make, *viz.* That if this was an Ancient and ſafe Practiſe, how came it to be ſo totally forgot and neglected till now? To which I may readily anſwer, that not only the Practiſe of Cold Baths, but the

Uſe

Uſe of the hot Ones were totally ſubverted by the Inundations of many Barbarous Nations into theſe *Weſtern* Parts of *Europe*, who not only deſtroyed all Books, and learned Arts of Phyſick, but rendred the Language in which they were writ unintelligible; not only Phyſick, but Poetry, Painting, Law, Divinity, were almoſt loſt in the barbarous Ages ſucceeding the Devaſtation of theſe Barbarians; Ignorance over-ſpread all Places and Arts; and of late Years our Phyſick has been tranſlated from the *Arabians*. And ſince Inquiſitive Men have got the Books and Languages, in which they were writ, many of the old Opinions of *Hippocrates* are received and paſs for new Inventions, becauſe more clearly proved, or farther explained by the Modern Writers. *Hippocrates* aſſerts, That the Subſtance of the Brain was glandulous, which the Moderns have deſcribed more exactly by the help of their Glaſſes: he believed the Heart to be muſcular, and the new Anatomiſts have now clearly deſcribed the ſeveral Muſcles, and the Fibres. He aſſerted, That the Air was contained in the Animal Humours; which the Moderns have fully demonſtrated by the Air-pump. This ingenious Age has not only revived ſome Opinions, but alſo many old Practices, ſuch are the profuſe Bleedings,

*ad*

*ad animi deliquium*, in great Inflammations, the extream Purges in Dropſies, the Helleboriſms in Madneſs, frequent Cuppings and Scarifiyings inſtead of Bleeding; Burning with *Moxa* inſtead of that uſed by *Hippocrates*, by Flax, or Cotton, or Muſhrooms. And among theſe old Practices I muſt not omit, that this does endeavour to revive Cold Baths; and how far the Cold Waters have proceeded in that Affair, may be collected from my Account of *Hippocrates*'s Opinion concerning them. The Account of Cold Bathing, I ſhall more particularly conſider hereafter.

Since the Methods of Cold Bathing were well known to the Ancient Phyſicians, all I pretend to in this Eſſay, is to recommend what they have done, and to take off any prejudice which the Moderns entertain againſt that Practice. And for Methodſake, I will divide the Cold Baths into theſe Three Kinds, and diſcourſe of each.

1. *The Water of Rivers which is inſolated or Tepid by the Heat of the Sun.*

2. *Common Water moderately Cold, with which we Waſh either the whole Body, or the ſeveral Parts of it*

3. *Extream Cold Springs impregnated with ſome Cold Mineral, ſuch as the Stypticity in Well-waters; ſome Particles of Lead, or*

*else Water, in which the Air is extreamly condenſed; all which are very Cold to the Touch.*

1. The Benefit of Bathing in Rivers is very great, and this is chiefly practiſed by young Men and Boys. All Creatures beſides Men being diſturbed by the Summer's Heat, go into Rivers and Ponds to cool them. *Mercurialis* bathed himſelf in the River *Arnus* at *Piſa*, and thereby cured himſelf of the Stone in the Kidneys; and he adviſes the *Nephritick* to place their Backs againſt the Stream of the River. And he gives this Advice concerning this ſort of Bathing, where the Blood is hot, and the Kidneys burn, and any trouble happens in making Water, where the Skin is dry, or deformed by Scurf, Itch, Puſtules, to uſe frequent Bathing in Rivers.

It was accounted an opprobrious thing among the *Romans*, *nec natare nec literas ſcire*: And our Saviour ſent the Blind Man to Waſh in the Pool of *Shilo*, which was a Common Bathing-place.

The general Effects which Experience aſſures us that it produces, are to cool in the *Dog-days* to cleanſe and moiſten the Skin; it cures Thirſt, cauſes Sleep, produces much Urine, prevents Fevers, and feeds thin Bodies, and creates them an Appetite, and helps their Digeſtion; but its neceſſary to obſerve

obſerve theſe Cautions to prevent the Injuries which may happen by it.

1. *Not to Bathe in Rivers immediately after Eating, nor after Drinking ſtrong Liquors, nor after great Exerciſe.*

2. *Not to ſtay in too long, not above an Hour, or ſo long as to be over-chilled by it.*

2. I ſhall next Diſcourſe of Common Water, and its Uſe in Bathing, or Waſhing the ſeveral Parts of the Body; and this is like the Perfuſions uſed of old to the whole, or ſome part.

*Celſus* adviſes the waſhing of the Head with Cold Water, to prevent Rheums, Pains of that part, and of the Eyes. I find this Practice ſtill continued among many wiſe Men; they Shave their Heads every Week, and waſh it every Morning with Cold Water, which hardens the Skin, and cools the Brain, whereby the Flux of too much Blood into it is prevented, and that coldneſs of the Head renders it fitter for all Rational Thoughts, and the Animal Spirits being compreſſed, are more lively, ſpringy, and fitter for Motion. Every Parent wiſhes his Child may be bred up to a great degree of hardineſs. The beſt Methods to attain that, is the Immerſion at firſt into Cold Water in Baptiſm; and afterwards to uſe the

Method of Waſhing their Children in Cold Water every Morning and Night, 'till their Children are three Quarters old; for by this the *Welch* Women uſe to prevent the Rickets in their Children; and 'tis a common ſaying among their Nurſes, *That no Child has the Rickets unleſs he has a dirty Slut for his Nurſe.*

This Method is uſed in this Country, by an Honourable Family, of Waſhing their Children all over, but they uſe Milk and Water cold.

It was the Cuſtom for the *Jews* (for which ſee *Ezekiel*, Chap. xvi. Verſe the 4th) and of all *Aſia* beſides, to Waſh the New-born Children in Salt and Water, to make the Skin hard and denſe; for which end *Galen* adviſes to ſprinkle Salt all over the Infant. See his Book for *Preſervation of Health.*

Mr. *Lock* in his Ingenious Book of Education, adviſes us to Waſh the young Pupil's Feet in Cold Water every Day, to render him able to bear the Injuries of wet Weather better. He adviſes us to begin in the Spring with Lukewarm Water, and ſo colder and colder every time, and to continue this Winter and Summer: And for the encouraging this Method, he tells us, That he knew this uſed every Night in the Winter, tho' the Ice covered the Water, yet the Child bathed his Hands and Feet in it; and when he began this Cuſtom he was very

puling

puling and tender. This Bathing of the Feet may be as ſafely done, as the Waſhing of the Face and Hands every Day: Nothing makes any difference betwixt them, but Cuſtom; and if Changes be made by inſenſible Degrees, we may bring our Feet and Head to bear the ſame Lotions, as the Face and Hands, without either Pain or Danger.

He that conſiders the Nature of Perſpiration will believe the Morning the moſt convenient time for theſe Affuſions of Cold Water, for then the Perſpiration of the Body is fully finiſh'd, and the Body is become empty of all hot Particles, produced by the Fermentation of the Chyle and the Effervеſcences of the Blood.

The way to prepare our Body for Cold Baths, if very tender, is to waſh it all over in warm Water firſt about the Spring-time in *May*, and ſo every Morning uſe cooler till it can bear the Senſe of very Cold Water: But I have known many tender Perſons to have uſed the Coldeſt Baths immediately without any Danger; but they ought not to ſtay in them at firſt trial, but only to Immerſe, and immediately get out again.

I will next deſcribe ſome particular Uſes of Cold Water, and after give thoſe Methods which are preſcribed to preſerve our Health by Cold Baths.

The Uſe of common Cold Water is well known to the Farriers, who have a Method of curing foundered Horſes by it thus.

Take a founder'd Horſe within forty four Hours after his being founder'd, Ride him till he Foam and Sweat much, then Ride him into the Water to the Saddle-skirts, keep him there for an Hour, then Gallop him to the Stable, tye him to the Rack, and let him not Eat for four Hours, Dreſs him, Litter him, and put Blankets on him to Sweat, and cool him by degrees.

I have alſo been informed, That the way of Sweating by Cold Water, is ſometimes practiſed by our Country Gentlemen, who love Horſe-Races, to abate the Weight of the Rider by Sweating. Dip the Rider's Shirt in Cold Water; and after it is put on very Wet, lap the Perſon in warm Blankets to Sweat him violently, and he will after loſe a conſiderable weight, a Pound or two.

I have met with this Method to ſtop Bleeding, and to prevent Fevers upon Wounds: Put the Limb hurt into a Pail of Water, and hold it there till the Blood be ſtopt, and the Part return to its natural Colour, cover the Wound with the Skin of an Egg, and lap it up in a Cloth for nine Days; and if a Fever happen, put the ſame Part into the Water again. It has been a tried Experiment for Women to put their Feet

into

into Cold Water in their Hemorrhages from the Womb, and to bathe the *Anus* with Cold Water prevents the Piles.

Mr. *Lock* commends the washing of the Feet in Cold Water for the preventing of Corns.

I have mention'd these partial *Lotions*, to shew the safety and general usefulness of Cold Baths to particular Parts. I shall next transcribe what Methods and Directions *Galen* has prescrib'd for the Preservation of our Healths by Cold Baths. He says, They are proper for Persons in perfect Health, to thicken the Skin, and make it insensible of Cold Air; 'tis proper for fleshy Persons, for the temperate, and those who use due Exercise; the chief Use of it is in the Summer-time, and we must accustom our selves to it by degrees. The Benefits the healthful will receive by it, are the increase of Appetite, the quenching of Thirst, the strengthning of the Digestion, and the rendring the Limbs strong, musculous, and lively, and renders the Skin insensible of all the Changes of Weather, and the whole Habit of the Body becomes more compact and fitter for Exercise. On the contrary he believes Cold Baths injurious to thin Habits, growing Bodies, under Twenty, and very cold Constitutions, to those who live intemperately, and use no Exercise; and they are danger-

ous after Venery, Laſſitude, Crudities, Vomiting, Gripes, Looſneſs, Watching, and to thoſe who are not accuſtomed to them. He gives us theſe Cautions about the Uſe of it, not to uſe it raſhly and ſuddenly, but adviſes to begin the Uſe of it in the beginning of the Summer, that we may get a Cuſtom of it before the Winter; we muſt chuſe a calm Day, and a hot one, and the hotteſt time of the Day, the Perſon to be bathed ought to be in perfect Health, and in his Fourth *Septennium*, and of a lively and chearful Spirit. He orders the Body to be prepared in a temperate *Gymnaſterium* by plentiful and vehement Friction, by a courſe Cloth, and afterwards by rubbing with Oyl as uſually, and exerciſing with equal and quick Motion: He may deſcend into the Cold Bath not by degrees, but all at once by leaping into it; a Horror is produced by going in by degrees, and the Water muſt not be very Hot, nor very Cold, at the firſt time of uſing it, but colder afterwards. We may ſtay in Cold Baths what time we can conveniently bear them; and in a leſs Cold Water, if we ſtay long enough, we may have the ſame Effect produced as is by a very Cold Water, wherein we ſtay a leſs time. When any one comes out of the Water, he ought to be rubbed with Oyl, and that by many till the

the Skin is warm; afterwards let him Eat more than uſually, and Drink according to his Cuſtom; theſe things muſt be practiſed for three or four Days, and afterwards he may at the ſame time go in after Friction a ſecond time, or ſtay in much longer. He obſerves, that we have ſtaid in too long when the Body is very pale, and it is not ſoon heated again by Friction, and does not recover its natural Colour and Heat thereby: but we have ſtaid in moderately, when the contrary happens. *See* Galen *in his Third Book of the Preſervation of Health.* This Quotation ſufficiently proves *Galen's* Opinion of the uſefulneſs of Cold Baths, which I ſhall farther confirm by the following Reflections.

Since our frequent Epidemical Fevers depend on the Changes of our Air, the frequent Rains and exceſſive Colds, we cannot invent any likelier Method to prevent ſuch Diſeaſes than by Cold Baths, which ſo harden the Skin, that it becomes inſenſible upon the great Changes of the Air; the Stomach is very much ſtrengthned and increaſed; by which the breeding of any Cacochymia's is prevented, the Spirits over rarified and tumultuous in their Motions are compreſſed, cooled, and made fitter for rational Operations; the Muſcles are made more ſtrong, compact,

and

and vigorous, in all the Exercises we use, whereby Health is very much preserved. To all these advantages of Cold Baths, I may add, That the coldness of the Water contracts the Nervous Fibres, and thereby strengthens their Motion, and hinders their Laxity and Evacuations of Humours, which would prejudice our Health; they also promote Urine and Perspiration, as *Sanctorius* affirms, and the Menses. If Cold Baths had no other Effects than helping our Digestion, and making the Body more vigorous in its Exercise, that would be sufficient to prove their usefulness for the preservation of our Healths: but their Effects are more considerable in strengthening the Tone of the Solid Parts, and preserving the Crasis and Motion of the Fluids; and its Effects reach the very Soul of the Animal, rendering it more lively and brisk in all its Operations; and we preserve thereby that *Divina particulam aurae* in its full Luster, as our Noctiluca's are kept in Water. Life consists in the Union of the Soul with the Animal Spirits, which are longest preserved by a Cold Regimen, but soon dissipated by a Hot, or else made too Elastick, Windy, and Irregular in their Motions, by too much Heat and Rarifications; and this Error of the Spirits is best corrected by Cold Bathing.

And

And ſince by the enſuing Diſcourſe it will be evident, that Cold Baths will Cure conſiderable Diſeaſes, I may thence infer, that the uſe of them will prevent all thoſe it can Cure: and thereby confirm my Aſſertion, that Cold Baths are neceſſary for the Preſervation of our Healths.

I might farther intimate, that Cold Baths muſt have a great Effect on the Heart as well as all the other Muſcles, and that it ſtrengthens its Fibres, and invigorates its Motion, by compreſſing the Animal Spirits which agitate its Muſcular Fibres, by cauſing a greater Tenſion and Contraction of the Fibers themſelves, and by exciting the Motion of the Heart, when the Humour makes an Effervеſcence after their Compreſſion by Cold Water: for though during the Imerſion into it, the Pulſe ſtops, and the Motion of the Heart is ſlower; yet, after that, for ſome time that Muſcle works faſter, and evacuates by Sweat and Urine, and the Menſes, and the whole Body ſenſibly hotter. And if the Muſcles of the Heart become ſtronger by Cold Baths, then the Sanguification of the Chyle, and the Secretion of the old *Fæces* of the Blood, *viz.* the Choler, *Bilis arta*, the Slime, Salt Serum, and the Aerial Gas, are better performed, on which our Health very much depends. But I will uſe no more

more Arguments, but only ſubjoin a Letter concerning the Uſe of Cold Bathing practiſed by Sir *H. C.* for the Preſervation of his Health; and this was writ by a Perſon on whoſe Credit I can depend.

*March* 4. 170$\frac{8}{1}$.

Moſt honoured Sir,

*ACcording to your deſire I here furniſh you with the beſt Account I can of Sir* H. C. *in the County of* W———r, *as remarkable an Inſtance as any upon the Subject you are treating on, I mean the Advantage of Cold Baths.* ——*I remember I have heard the Account of his Method, and the Advantages he hath received by it, from himſelf and others.* ——*He was afflicted with the Gout in a very terrible manner, that in no very long time his Joints were ſo knotted, that he could ſcarcely go, or endure any Perſon to tread in the Room where he was. In ſhort, he was reduced to ſuch a Condition, that it made even Life it ſelf a burden to him. The Method taken with him was warm things. As I remember,* he ſaid, *his Floor was covered with Bays, and he felt the Air ſo piercing, that he durſt ſcarce look out of the Window, but it would affect him*—— *When he ſaw that he grew worſe by this Method, he began to uſe himſelf to the Air, and to try*

Cold

*Cold Water; whether he was adviſed to it or not, I cannot tell, but he quickly apprehended ſome Relief. After ſome time he got a retired Place, where there was a good Spring that ſtood convenient for him, which he ſo contrived as to go what Depth he pleaſed in the Water.——It quite altered the Habit of his Body, and abated his Pain to that degree, that often he would ſay, he was abſolutely cured. And thoſe returns of Pain that he had, were never very violent, as I have heard; it ſecured him from the Injuries of the Air, and Change of Seaſons; ſitting up late never diſordered him: And I have been told, that he ſeldom or never took Cold; it made his Stomach good, and Conſtitution ſtrong; and the main thing that he attributed all this to, was the Effect of the Cold Bath.——He would laugh at thoſe People that thought this a rigorous and unſupportable Method. He affirm'd, It was nothing, a little uſe would make it eaſy and familiar; he never declined it in the Froſt and Snow: One cold Morning in the* Chriſtmas, *I well remember, I ſaw him in it: He would be very Copious in the Praiſes of it,* and ſay *That nothing gave that Vigour to the Spirits, and did ſo fortify the Conſtitution, though People would not be perſwaded to it.——He himſelf, I am ſure, is the moſt convincing Evidence of it, having uſed it, for ought I know, above thirty Years with ſuch a vaſt Succeſs,*

*ceſs, that may give it the moſt advantageous Character, as one of the cheapeſt and moſt effectual Remedies to conquer the moſt tough and obſtinate Diſtempers. I could have been more large in theſe Particulars, but I thought it beſt to ſet down what you might certainly depend upon.* ——.

I am,

*SIR,*

Your moſt humble Servant,

*J. B.*

## POSTSCRIPT.

*SIR H. C. began his Cuſtom of Cold Bathing by Waſhing his Feet in Cold Water in Hot Weather, and afterwards he waſhed all over at all Seaſons; he does not go to Bed after Bathing; he uſually ſtays in the Water as long as he can conveniently bear it.*

3. The third and greateſt Dgree of Cold Baths, is that of Springs, whoſe Water contains an Air much compreſſed by the coldneſs of its Terreſtrial Receptacles or Caverns. That Water which which is frozen

is

is much colder, but not ſo fit for either External or Internal Uſe.

The Cold Baths of the *Romans* were Springs, into which they leapt, and not covered as ſome be here; both *Horace* and *Seneca* mention ſuch. 'Tis certain, that a Spring covered by a Building is much colder than the ſame uncovered; and therefore not ſo ſafe; this is evident to them who have tried both the one and the other at *Willowbridge*. All Phyſical Practices which have leaſt of Art, are uſually more agreeable to Nature; for which reaſon I prefer the open Cold Baths at *Holywell* and *Litchfield*, before the covered Springs: for tho' in theſe there be leſs coldneſs, yet there is ſufficient to produce any of the ſame Effects, if we ſtay ſo much the longer in theſe Baths; and then we incur no danger by any exceſſive coldneſs, neither are we overchilled by the Damps ariſing from a covered Spring before we go into the Water.

Of late, Cold Bathing began to revive in *England*, as is well known; and the Ingenious Phyſicians, whoſe Experiments have given it a new Birth, and have eſtabliſhed its Credit, deſerve a great Honour from all of their Profeſſion, as well as their Country. For they have born the Envy and ill-natured Reflections, which all Practices, which appear new to the Vulgar, occaſion.

All

All the Service I can do on this Account to my Profeſſion, is to remove the Prejudice which is entertain'd by the Common People againſt Cold Bathing, by ſhewing,

1. *The Neceſſity of Cold Baths for curing the exceſſive Tenderneſs produced by a Hot Regimen.*

2. *By giving ſome Inſtances of great Cures done by Cold Baths in* England.

3. *I will give a Catalogue of thoſe Diſeaſes, which have been cured, either by the old Writers, or the Modern Phyſicians.*

1. Nature teaches us what Regimen is moſt ſuitable to each Climate; but Luxury and evil Cuſtom, or Fancy, oft corrupt our natural Senſes, and introduce ill Habits, whereby our Bodies are greatly diſordered and made very unhealthful. This Obſervation will appear true, if we reflect on the Practices, both of the Inhabitants of the Hot and Cold Climates.

In hot Countries, where the Humours, *viz.* Blood and Spirits are over-rarified, the Serum is too much evacuated, the ſolid Parts are over-heated and dried; Nature directs us to uſe a contrary cool Regimen to prevent all theſe Inconveniences, &c.

1. *To*

1. *To abſtain from Fleſh-meats, and feed much on Fruits, and to drink Water rather than uſe any fermented Liquors, to eat boiled Meat.*

2. *To cool our Bodies by expoſing them to the Air, and wearing thin Cloaths; to cool our Habitations by larger Windows and Doors; to avoid going into the Air in the hotteſt times of the Day, and to Walk only in the Morning and Evening; and to lie cool at Night. To uſe Cold Baths in the Summer.*

3. *Our Natural Reaſon teaches the Hot Countries the Uſe of Hot Teas, to promote the Sweats whereby the Body is cooled, and the hot Vapors raiſed by exceſſive hot Air are evaporated: And for the ſame Reaſon all the hot Countries uſe temperate Warm Baths to promote their Sweat, to cleanſe their Skin, and moiſten their dry Bodies.*

*Cum Stomachus domini fervet potuque ciboq;*
*Frigidior Geticis petitur decocta pruinis.*
Juvenal. Satyr. 5.

The Luxury of the Hot Climates conſiſts in uſing all the Methods mentioned to an exceſs; they ſurfeit their Bodies by eating immoderately of Fruits and Herbs, they cool their Fruits, Creams, and Wines to an unhealthful Temper by Ice; they ſtop their Sweats unſeaſonably by cold Air,

by Fanning, Ventiducts, or Cold Baths. For all these Inconveniences depending on Cold in an excess, in the Hot Countries they use also Brandy-Spirits, Hot Tea's, High Sauces, with Garlick and Strong Pottages, whereby they correct the Injuries of Cold Diet, and by their Hot Baths they promote Perspiration necessary in Hot Countries.

That the contrary Errors are committed in Cold Countries will appear, by reflecting on their usual Regimen, which inclines them to the Use of hot things in excess.

In Cold Climates the Humours, *viz.* the Blood and Spirits, are naturally too much condensed and compressed by a heavier Atmosphere, and greater Cold, and the Serum is less evaporated. And in this State of Humours, Nature teaches us to use an attenuating hot Diet of Flesh-meats, acrid Herbs, fermented Liquors, strong Beer, or Wines; we wear more Cloaths, use greater Fires, eat Roast-meats, use more Exercise, closer and lower Habitations; and for our Diseases use Cold and Hot Baths. The great fear of too much coldness drives into an Excess in the use of hot things, to an Excess in Flesh-meats, High Sauces, Brandy Spirits, Fermented Liquors, too much Tabaco, Seasoned, Salt, Spiced and Sugared Meats, too much Tea's, Coffee and Chocolate.

2. To

2. To confine our selves in our warm Houses too much, to use too many Cloaths, to warm our Beds, to frequent hot Baths, soft Beds, hot Periwigs, perfumed Snuff.

All these Excesses in the Hot Regimen, are chiefly to be helped by a contrary Cold, and which contains these Particulars:

1. We must use a cooler Regimen of moderate warm Diet, Flesh-meats roasted once in a Day; more moderate vinose Liquors, Beer of three or four Strike at Meals, and a thinner Diet at Break-fast and Supper, and all Liquors cold; they who use Water for their ordinary Drink, have their Humours least rarified, and consequently are least subject to the Changes of the Weather. For hot Blood like boiled Water, is sooneſt froze or chilled; and after Exercise we sooneſt take Cold. I will on this occasion mention the Advantages of Water-drinking: The Water-drinkers are temperate in their Actions, Prudent and Ingenious; they live safe from those Diseases which affect the Head; such are Apoplexies, Palsies, Pain, Blindness, Deafness, Gout, Convulsions, Trembling, Madness. The drinking Cold Water cures the following Diseases, the Hickup, *Fætor* of the Mouth, and of the whole Body. It resists Putrefaction, and cools burning Heats and Thirsts; and after Dinner it helps Digesti-

on; and if the Diſeaſes be very great, two or three Ounces of Water cooled with Ice, is ſometimes given by Phyſicians.

If the Virtues of Cold Water be ſeriouſly conſidered, all Perſons would value it as a great Medicine in the Caſes mentioned, and in preventing the Stone, Gout, Aſthma, and Hyſterick-fits; and to the Uſe of this, Children ought to be bred from their Cradles, becauſe all ſtrong Liquors are injurious to the Conſtitution of Children, whoſe Spirits it inflames, and renders them Mad, Fooliſh, Raſh, Tender, and Intemperate in their Paſſions.

2. The Uſe of Cold Air and Riding, or Walking much in it, cools the overheated Blood and Spirits, and renders the Conſtitution more ſtrong; we ought not to warm our Beds conſtantly, nor wear too many Cloaths, which exhauſt the Serum and Spirits; ſhaving the Head, and waſhing it with Water, prevents Defluxions. The old Writers preſcribed an Exerciſe naked. The wearing of Flannels renders the Perſon very tender, and ſubject to the Changes of Weather, and too much Perſpiration, and this Cuſtom can never be changed without ſome great danger. Sitting conſtantly by the Fire, much ſmoaking Tabaco, conſtant uſe of hot Liquors, and hot Baths, make the Body ſubject to greater tenderneſs, and

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conſequently to the Changes of Weather in Cold Countries. Down-beds are alſo very injurious.

2. Cold Baths are the chief means and moſt effectual in the Cold Regimen; nothing preſerves the Body ſo well from the Injuries of Weather as Cold Bathing, which makes the Skin more denſe and contracted, and conſequently more inſenſible of the Changes of the Air, its cold and moiſture; and we account that Skin the better which is inſenſible and hard, than the lax and thin, which loſes all its Nutriment and Spirits by too much Perſpiration. I have known many endure well the Cold of the Winter after the uſe of Cold Baths, who always found their Bodies more tender after the Uſe of Hot Baths all the Winter following; and the truth of this will appear by the Cures I ſhall relate of two tender Perſons; but I will firſt give theſe Remarks.

1. That as Hot Baths cure the Injuries of a Cold Regimen in Hot Countries, ſo Cold Baths Cure the diſeaſed Alterations by a Hot Regimen in Cold Countries.

2. The uſefulneſs of Cold Baths was found out in the *Northern* Countries, who generally fortify themſelves againſt Cold Air by the Immerſion of their Bodies into Cold Water; and to prevent the Mortifications

of their Limbs, they rub the frozen Parts with Snow.

3. That Cold Baths and the Baptismal Ablution, are more improper for Hot Countries than the Cold, because in Hot Countries the Perspiration is very great, and necessary to prevent Fevers; but in Cold Countries it is much less natural, and the ambient Cold Air disposes us not to Fevers so frequently, and Cold Water will produce greater horrors upon those Bodies which live in hot Airs, than those who are used to Cold Air. Which Observation fully refutes the common Opinion, that Cold Baths are only proper for Hot Countries, *Ægypt*, *Greece*, *Italy*, where the old Writers tell us it was commonly practised; but we must remember that *Hippocrates* knew *Scythia* as well as *Lybya*, and that he might have the knowledge of Cold Baths from the *Northern*, as well as the Use of the Hot Baths from the *Southern* Climates. And what he has writ of Baths, is as what he says of his Prognosticks, true, both in *Scythia* and *Æthiopia*. And that he knew *Scythia*, is evident by that Description he gives of the Diseases of the *Scythians*, and of the Climate and People of that Country. Since we find that Cold Baths are not so convenient for the Hot Climates, we must not so much stand upon those nice Cautions

ons which the *Greek* Writers have given about them, such as we find in *Galen*. 'Tis certain the *Romans* used Cold Baths with less fear, as we may observe in *Pliny* and *Celsus*; and I question not, but the farther Northward we examine the Use of Cold Baths, we shall find them more frequent, and the most common Practice for hardening their Skin against the excessive Cold of their Air. The *Northern* People use also Hot Baths, but chiefly to cure the Diseases produced by extream Cold.

If it be objected, That Cold Baths by stopping the Pores, will retain all the Hot Vapours produced by an excessive Hot Regimen, but Hot Baths will more readily discuss them, I may answer, That Cold Baths will produce great Sweats, whereby those Vapours are discussed, and afterwards it compresses the rarified Humours, and contracts the relaxed Membranes, whereby the rarified Humours are restored to their natural Consistence, and the Fibres to the proper Tone. Where any diseased Humours are in any part stopt in their Circulation, or mixed with the Blood, it seems the most rational Method to Sweat at the first use of Cold Baths; but where there is no Evacuation of Humours necessary, Sweating is not proper after Cold Bathing, but only gentle Exercise or Friction.

4. The last Remark I shall make, is this, That since the Inconveniences of an excessive Hot Regimen in a Cold Climate, are produced by a very hot Diet, Strong Wines, High Sauces, Tabaco, Brandy, *&c.* and also by using our selves over tenderly in Cloths, warm Beds, hot Rooms, *&c.* We must remove the External Causes of our Tenderness, and use a cool temperate Diet, cool Liquors, cold Air about us, as well as Cold Baths: for no perfect Cure can be expected from Cold Baths, unless we avoid the Occasions of our Diseases; for if we continue any Excess in our Hot Regimen, that will again renew those Diseases the Cold Bath has cured. And I generally make this Observation, that where Cold Bathings are necessary for the Cure of a Disease, there drinking of Water is also necessary to prevent a Relapse into the same.

2. I will now give some Instances of the great Cures done by Cold Baths in *England*. Mrs. *Barts* of *Ashby de la Zouch* in *Leicestershire*, being above Fifty Years old, was esteemed by all her Neighbours Consumptive, because she coughed much, and had Rheumatick pains near Twenty Years; the Pains made her Lame with a Sciatica, and she had a Numbness and Weakness in her Knee, so that she had little use of her Legs, but sate constantly near

the Fire, covered with many Cloaths, and was ſo tender, that ſhe durſt not go into the Air abroad; ſhe complained of a Pain in her Back, which ſhe believed to be the Stone; and ſhe had much Pain in her Breaſt, which ſhe thought Cancerous.

In the Year 1699. in the Summer ſhe went to *Willowbridge* Cold Bath in *Staffordſhire*, which is a very cold Water, and feels ſmooth and oily, where ſhe bathed conſtantly once in a Day, and drank many Glaſſes of that Water every Day, and ſhe continued this Method for a Month. When ſhe was in the Water up to the Neck, the ſore Breaſt pained her very much the firſt time ſhe went into the Water, but never afterwards; and upon the ſecond time of going into the Bath, the Pain in the Hip fell into the Foot, and by the continuance of the Bathing it was perfectly cured, and never returned ſince; ſo that ſhe now goes well, eats well, wears fewer Cloaths, and is cured of the Stone in her Kidneys, and the Swelling of her Breaſt, which was I believe a Milk Tumour, tho' it had continued in her Breaſt many Years. She yet continues the drinking of Water ever ſince. I had this Account from her ſelf; and this great Cure has occaſion'd the going of many to *Willowbridge* out of *Leiceſterſhire*; and the whole Country can atteſt the Truth of this

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Relation. In the same Country I met with a Cure as considerable as the former, done by the Cold Bath at *London*; and in 99. In *June* 1700. I waited on Mrs. *Watts* of *Leicester* who very kindly entertained me with the Relation of her Disorders, and the manner of her recovery, which I shall briefly describe thus:

She was troubled with continual Vomitings, and an Hysterick Cholick, with wandering Pains in her Limbs and Head, with Convulsive Motions, and Violent Hysterick Fits, with much Windiness in the Stomach and Belly, with continual Sweatings, loss of Appetite, and an excessive Tenderness, and a consumptive State of Body. Dr. *Hareop* of the same Town, thus describes her Indisposition in his Letter to me: Her Indisposition was a perpetual Chilness of Spirits, with Pains all over; especially in the Teeth, from the least inclemency of Air, accompanied with Vapours, Faintness, &c. She tried all the usual Methods in vain, such as Steel, the Cortex, Vomiting, Opiates, and at last she went to *Bathe*, and continued there some time drinking the Waters, and Bathing; but at last finding no benefit by any thing, she was advised by Dr. *Baynard* to use the Cold Bath in *London*; about *Michaelmas* 99, she bathed there two and twenty times, within the space of a Month,

Month, she dipt herself under Water six or seven times every Morning, without staying in the Water any longer than the time of Immersion, and she came warm from her Bed to the Water; by this Bathing the Skin contracted, and she was never very tender since, nor subject to Colds as before; her Appetite and Strength returned, and she became more Plump than before; all the Sweatings, Windiness, Pains, and Convulsions ceased. And Dr. *Hartop* assured me, That she was well recovered to the Admiration of the Country, to whom both her long Indisposition and wonderful Cure were well known; and from many Hands I have had a sufficient Testimony of the same.

The same Ingenious Physician, Dr. *Hartop*, gave me another Relation of a Patient of his, Mrs. *Smith* of *Weston*, who constantly used to sit by the Fire, and she cloathed her self very warm; she had much Tooth-ach and Rheumatick pains, and frequent Sweatings; she was much worse by the use of the Hot Baths; he therefore advis'd her to Cold Bathing, which she began by Bathing her Feet first, and then the rest of her Body; and when she came forth of the Water, she walked about in her Cloaths, 'till she was warm. This Method she continued for a Month's time,

time, and was perfectly recovered of her Tenderneſs.

1. By the firſt Caſe we may obſerve, That the Sciatica or Rhematick-pains were relieved by Cold Baths; therefore Cold Baths are proper in ſizy, viſcid Blood, which commonly appears of that kind in our Country People; and no Diſorder more common in *England*, than Rheumatiſms and Inflammations, which are occaſioned by ſizy Blood.

2. In the ſame Caſe we may obſerve, That the Inflammation of the Kidneys was corrected by the Cold Bathing, which cools the Reins, and produces much Water; and hereby 'tis proved, that in Salt Cacochymia's, Cold Bathing is uſeful, which paſſes the ſalt Serum by Urine and Sweat.

3. By the firſt Cure we may obſerve, That the indurated Glands may be reſolved by Cold Baths; by which it may rationally be inferred, That the Secretion through the Glands is promoted by Cold Baths. And what particular Virtue Cold Baths will have in the King's Evil and Scrofulous Glands, whether conglobulate, or conglomerate, or in thoſe of the Meſentery, a farther Experience in Cold Bathing will ſhew. I have been credibly informed at *Willowbridge*, that a Scirrhous Tumor upon

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the Hypocondria, was cured by the Cold Bathing in that Water.

4. The great Tenderneſs of all the three Women above-mentioned, was cured by the Cold Baths, and their Appetite and Strength reſtored, and the Menſes in one were helped; by which we may obſerve, how much Cold Baths help the Circulation of our Humours. And that I may farther confirm this Notion, I will mention the following Cure of a Varix with an Ulcer, at *Willowbridge*, which I had from Mr. *Hector*, an Eminent Chirurgeon in our Town. The varicous Ulcer was in the Leg, and bled much; but both the Hæmorrhage and Ulcer was cured by the long uſe of *Willowbridge* Bath, though it would not yield to any ordinary Methods. The Blood is congealed and grumous in all Varices, and the Blood-Veſſels relaxed; but by Cold Bathing the Blood was reſtored to its Fluidity, and the Veſſels to their due Tone, and the Ulcer cured by Cold Water; which I thought to be a very conſiderable Cure, and may give us a very fair Hint of trying Cold Baths in the Polypous Concretions of Blood, both in the Blood-Veſſels of the Lungs, and the Obſtructions of the Hypocondria in Splenetick Perſons, and in Dropſical Patients, who complain of great Pains in the Belly and Sides.

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5. In the ſecond Caſe we have a Cure of the greateſt Hyſterick Caſe that could happen; the Vomitings, Running Pain, the Fits of the Mother, and Convulſions, depended on a windy or fermenting Blood and Spirits. The Conſtitution of this Lady is very hot, her Spirits lively, her Stature low, and Body thin, and her Hair black; all which are Sign of hot Humours. And by this Caſe we may obſerve, the Cure of all hot Windineſs, which occaſions Running-pains and Convulſions, is effectually performed by Cold Baths; but I muſt not omit that ſhe has eat many hundreds of Lemons ſince, ſpitting out the Pulp, or elſe ſhe ſqueezes them into Water; and ſhe uſes Wine and Water for her conſtant Drink; ſhe found great benefit by the uſe of *Cream of Tartar*, ʒſs or ʒj. in Water-Gruel for the Hyſterick Vomiting. I mention theſe Particulars to ſhew, That it is requiſite to uſe ſome cool Alteratives for the windy Cacochymia inwardly at the ſame time, and after the Uſe of Cold Baths.

I ſent this Year an Hypochondriacal Patient to a Cold Bath, who complained much of Convulſive Beatings all over his Body; and he informed me, that he found great benefit by it as to that Symptom, which depended on a windy ſtate of Spirits.

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I have discourſed with an Aſthmatick Perſon, who has had an habitual Aſthma for many Years, and ſhe informed me, That ſhe went into St. *Winifred*'s Well at *Holywell*, but once, and that her Aſtmatick Dry Cough went off for ſome time, but at laſt returned again. I mention this here, becauſe Aſthma's depend on windy Inflations, and are of like Nature as the former Caſes. And I find that *Cælius Aurelianus* commends the Pſuchrolufia in that Diſeaſe: waſhing the Head is certainly uſefu against it.

6. I obſerve, that continual Sweats in the third Caſe were ſtopt by the Cold Baths, ſo that by them we both produce or ſtop Sweats. Immediately after Cold Baths the Sweats are produced, if we commit the Patient to a warm Bed; but a longer Uſe of Cold Baths ſtop all Evacuations. I find the old Phyſicians preſcribed Cold Baths to ſtop the *Gonorrhæa ſimplex*; the coldneſs of the Water contracts and ſtrengthens all the Membranous Veſſels, as well as cools the hot Humours. And Dr. *Baynard* gave me an Account of a Perſon cured of a Rupture by the Cold Bath at *London*, which muſt be effected by the contracting of the relaxed *Peritonæum*; and by this Cure we may be directed to try the Virtue of Cold Baths in the

the *Procidentia Uteri & Ani*, and in the Tumours of the Hæmorrhoids.

7. In the first Case I obſerve, That the Numbneſs, Weakneſs, and Stiffneſs of the Limbs was cured by Cold Bathing: By which we may apprehend that Cold Baths reſtore the Animal Spirits and the Blood, to their uſual Motion in Paralytick Obſtructions, and ſtrengthen the Tone of the Nerves. And as a farther Proof hereof, I will again mention a Letter of Dr. *Bayard*'s to me, in which he aſſures me, That a Deafneſs was cured by the Cold Bath at *London*. I have not yet heard, whether Cold Baths have been tried in the *Gutta Serena*, which ſeems as likely as the curing of a Deafneſs, and a loſs of Speech, which was done by the ſame Docter in a young Boy at *Bath*, as Dr. *Gold* his Father informed me. But I ſhall fully prove the Effects of Cold Baths in Paralytick Reſolutions, by the following Letters, which I receiv'd from a Reverend and Ingenious Divine, Dr. *Nath. Elliſon*, in Anſwer to ſome Inquiries I ſent him, about the cure of the Rickets in his Children by St. *Mungo*'s Well.

Honoured

*Newcaſtle, Jan.* 25th, 170$\frac{1}{2}$.

Honoured Sir,

*I Would have returned a ſpeedier Anſwer to your Letter, but I was in hopes our Phyſicians here would have drawn up their Thoughts in Anſwer to your Inquiries, about the Uſe and Succeſs of Cold Baths among us. But they being detained by Buſineſs, you muſt be contented at preſent with my Relation of the Matter, which is what I know to be commonly practiſed, and the Succeſs of which I have experienc'd in my own Family.*

*Nothing is more common in this Country, and proves more generally ſucceſsful for the preventing or curing of Rickets, than to ſend Children of a Year old and upwards, to St.* Bede's, Honwick, *or St.* Mungo's *Wells, (which are extream Cold Springs) and in the Months of* June *and* July, *to dip them in the Evening for a fortnight or longer, intermitting a Day or two, or more in the whole, if the Child be very Weak.*

*Some Dip them twice or thrice* over Head and Ears *with their Shifts and Night-Caps on, giving them a little time to Breath between each Immerſion. Others Dip them* no farther than the Neck, *(becauſe the Water is apt to ſtop their Breath) and Dip their Night-Caps thoroughly, and put them Wet upon their Heads.*

*Others (where the Well is not Capacious enough) content themselves to* put the Children into a Tub of Water, *gathered from the Spring, and* Dash the Water upon them over Head and Ears. *All which Immersions are to be dispatch'd as quickly as may be, that so the Child may not continue any longer in the Water than is necessary, that is, 'till his Body, and Shift, and Night-Cap be thoroughly Wet. Others out of Tenderness to the Child, or in Regard to the Child's Weakness, content themselves with* Dipping only the Shirt and Night-Cap in Water, *and put them on Wet upon him.*

*As soon as the Children are dipp'd, they with their wet Cloaths on are wrapt up in warm Blankets over their Head and whole Body, and put immediately to Bed, which instantly puts them into a violent Sweat. In this Condition they lie all Night, 'till towards Morning the Cloaths are taken off by degrees, that so they may cool gradually, and in the Morning they have dry Shirts and Head-Cloaths put on; the same Shift and Night Cap in which they are dipp'd, are us'd all the time of their Dipping, and are only dry'd.*

*The Children in three Minutes time recover themselves of the Fright which Dipping puts them into; and tho' for the present they may be weaker, (having exhausted their Spirits by violent Sweats) yet they recover their Strength gradatim by the help of strengthning Gellies of Harts-*

*Hartshorn, Calves-Feet,* &c. *insomuch, that about the Fall of the Leaf they are either perfectly recovered, or sensibly better. If one Years dipping proves not successful, 'tis repeated the next Year, which generally answers Expectation.*

*There's no discernable Alteration, either in their Urine, Stool, or Colour of their Skin, nor any preparative or subsequent Purgatives used, nor any other Cordials given, except a spoonful of Sack immediately before and after Dipping, if Children will take it; nor are they debarr'd their usual Diet or Play: Only care must be taken to keep their Necks warm to secure them from catching Cold.*

Sir, *If you will try the same Experiment with you, I doubt not but you will find the like good Effect, if you have Springs so Cold by Nature as some of ours are, or can make them so by Art. I can assure you, That I have had Four Children of my own dipp'd with very good Success. I never heard that any Children who had only the Rickets, dy'd of Dipping, and few or none but found great benefit by it.*

*This Account is not Exact enough to appear in Print, without your very severe Corrections. If you will put it into a more agreeable Dress, I will Answer for the Truth of the Relation; who am,*

SIR,

Your very Affectionate Friend,
and Humble Servant,

*Newcaſtle, Febr.* 4 170$\frac{1}{2}$.

Honoured Sir,

*SInce my laſt, I received this following Account of* St. Mongah's *and* Honwick *Wells, from Dr.* Th. Daviſon, *lately Fellow of* St. John's *College,* Cambridge, *who is lately come to Reſide among us.*

1ſt, *The People that reſort to theſe two Places come to be cur'd of ſix'd Pains, whether in the Joints or Muſcles, whether with or without Tumour; and for ſuch as come upon long Rheumatiſms and Quartans, as well as Strains and Bruiſes, the Rickets, and all Weakneſs of the Nerves, whether Univerſal, or of any particular Member.*

2dly, *They are immerſed at all Ages,* viz. *from Six Months old to Eighty Years. Children are twice or thrice dipped in, and preſently taken out again; and while they are in, the officious Women at the Well are active in rubbing their Backs, or the maimed Parts; but this ſeems only for Form. Adult People ſtay in a quarter, or near half an Hour.*

3dly, *They uſe no preparative Phyſick, nor obſerve any Diet before nor afterwards, but a Draught of warm Ale or Sack to comfort them after they come out.*

4thly,

4thly, *The diſtemper'd People go to Bed afterwards, and Sweat for two Hours or more. But the Healthful that go in for Pleaſure, put on their Cloaths, and go to their Buſineſs or Diverſion.*

5thly, *The Healthful immediately after coming out find a great warmth all over, and would probably Sweat as much as the Sick if they went to Bed upon it. They find themſelves after Bathing much more nimble, and their Joints more pliant.*

6thly, *The People uſe theſe two Wells promiſcuouſly for the Diſtempers above-mentioned, and with equal Succeſs; tho'* Honwick *is a Mineral, and the other is not, which makes me believe, that 'tis to the ſame Cauſe,* viz. *their Coldneſs, and not any other Quality, that the Cures are owing.*

7thly, *St.* Mongah's *has no manner of Sign of a Mineral; whereas* Honwick *tinges the Sides of the Well, and being drank, Purges gently by Stool, but more by Urine, and is of the ſame Nature with* Aſtrop. *The Well is ſo little, that they are forc'd to take it up in Pitchers, 'till they fill a Veſſel large enough to Bath in.*

8thly, *They Bath every Day, or twice a Day, for a Fortnight or Month, as their ſtrength will bear, and as their Diſtemper requires more or leſs Bathing.*

Sir, *If in any thing elſe I can ſerve you, you may Command*

Honoured Sir,

Your moſt humble Servant,

*N. Elliſon.*

The Remarks I ſhall make on theſe two Letters; are,

1. That all Obſtructions in the Nerves may be cured by the Cold Baths; therefore not only the Rickets, but all other Species of the Palſy may be cured by the ſame; Deafneſs, Blindneſs, loſs of Taſte, Smell, loſs of Appetite, weakneſs in Swallowing, *Venus Languida*, Incontinence of Urine and Stool, Hemiplegias, and Diſtortion of the Mouth by a Palſy, and any particular Weakneſs in the Motion of any Muſcle, as well as loſs of Speech.

2. The *Northern* Practice directs us to Sweat after Cold Bathing in all Obſtructions of the Nerves, by which the fizy Serum, which obſtructs the Nerves, is evacuated, and the Motion of the Spirits is promoted by firſt compreſſing them, and giving them an Irritation, when they exert their natural Elaſticity.

3. That

3. That if we can cure the Obſtructions in the Nerves by Cold Baths, Obſtructions in the Blood Veſſels are much eaſier to be relieved, *viz.* Pains, Tumours, Inflammations, Coagulations of Blood after Bruiſes, and theſe depending on ſizy Serum in greater quantity, require alſo more Sweating after Cold Bathing.

4. Cold Baths agree with Children, becauſe they are naturally very hot, and ſubject to Fevers, Pains, Scabs, Swellings, Convulſions, for which alſo Cold Baths are uſeful.

3. I will laſtly conſider in what Diſeaſes we may moſt conveniently uſe Cold Baths, and for which they are improper; and ſubjoin ſome Remarks, both on the proper Seaſon for them, and ſome Cautions in the uſe of them. As Hot Baths agree beſt with the Cold Conſtitutions, and Cacochymias, ſo Cold Baths are moſt proper for all the Hot Tempers; for young Perſons above Twenty five, for People of a lively Spirit.

1. Cold Baths agree with the bilious Tempers, and Diſeaſes which depend on the Blood or Animal Spirits over rarified in the hot Scurvy.

2. With the windy Conſtitutions, as appears by the benefit the Hypochondriacal and Hyſterick receive by them, as well as the Aſthmatick and all Nervous Pains.

3. With the Salt Tempers and Diſeaſes depending on Saltneſs of Blood, as is proved by the Deſeaſes of the Kidneys, and the Gout, in which Cold Baths have great Effects, in curing the Pains both of the Stone and Gout.

4. The viſcid Temper of Humours requires alſo Cold Baths, as is evident in curing the Rheumatick-pains.

5. The putrid State of Humours require alſo Cold Bathing. I once ſent a Woman to *Willowbridge*, who had great benefit by it for her Leprous Scurfs by Bathing ſome Weeks there, and by drinking the Water.

2. *Galen* cured Hecticks, Ephemera's, by Cold Baths; and he preſcribes them in putrid Fevers, without any Inflammation of the *Viſcera*, in the height of the Fever, after the appearance of Concoction in the Urine in young People, and in the Summer-time; and the like good Succeſs happened to a Woman in a Fever at *Aldermas*, who by leaping into a Well, was immediately relieved, and had both her Fever and Delirium cured by it. *Galen* obſerves, That the feveriſh by going into Cold Water, either Purge or Sweat, by which a Criſis is made, as well as by drinking Water at the ſame time of the Fever.

The *Hydrophobia* requires Cold Baths, and that has been practiſed in all Ages for it.

it, *Americus Veſputius* relates the manner of the *Americans* in curing their Fevers. When it is come to the height, they Immerſe themſelves into Cold Water, and after run about a hot Fire till they Sweat and Sleep.

3. *Oribaſius* lived long after *Galen*, and no Phyſician ever preſcibed Cold Baths with ſo much aſſurance as he at all Seaſons. He commends them (by a Quotation out of *Herodotus*, *De aquis ſponte naſcentibus*) for Defluxions, for Diſtempers of the Bladder, for Pains of the Head, and malignant Ulcers; and for theſe Diſeaſes the Patient is adviſed to ſtay in the Water but a little at firſt, *viz.* half an Hour, and ſo increaſe to two Hours, if the Pains require it; but we muſt be more cautious, and ſtay in the Cold Bath but little at firſt, and no longer than we can well bear it at any time, 3, 5, 7, or 9 Minutes.

*Oribaſius* quotes what *Galen* has writ, concerning the Preſervation of Health by Cold Baths; and many other curious Obſervations out of *Agathinus*, concerning Cold Baths, which deſerve to be known by all; and for that end I have tranſlated *Agathinus*'s Words, *They who deſire to paſs the ſhort time of Life in good health, ought often to uſe Cold Bathing; for I can ſcarce expreſs in Words how much benefit may be had by*

Cold

*Cold Baths; for they who uſe them, although almoſt ſpent with Old Age, have a ſtrong and compact Fleſh, and a florid Colour in their Face, and they are very Active and Strong, and their Appetites and Digeſtions are vigorous, and their Senſes are perfect and exact; and in one Word, they have all their natural Actions well performed.* By theſe particulars we diſcern how much the Cold Baths preſerves our Healths, and by the contrary Effects how much Hot Baths prejudice our Bodies, by making the Fleſh looſe and flaccid, the Colour ill, the Nerves weak, and they deſtroy the Appetite.

*Agathinus* mentions the Cuſtom among the barbarous Nations (by which he means the *Northern* Nations, the *Germans*, *Engliſh*, and *Scythians*) that it was their Cuſtom to put their Children every Day into Cold Water; whilſt others boiled them in Hot Baths, by which they became ſubject to Convulſions; (by this Obſervation we are inſtructed how to prevent Convulſions by Immerſing them in Cold Water at their Baptiſm, and every Day by waſhing them all over till they are three Quarerrs of a Year old) he adviſes Cold Baths to all Boys after their Infancy, though *Galen* uſed it not till the 25th Year.

*Galen* adviſes the beginning of Cold Bathing by them who are not uſed to it, to be

in

in Hot Weather; but *Agathinus* says, It may be begun at any time of the Year without any Danger, as he has observed many to do; and if any difference be made, he would prefer the Spring. The usual Caution he gives, as well as *Galen* and *Herodotus*, is to use Cold Baths when the Stomach is empty, and to warm our selves with moderate Exercise before our going into the Cold Water. The best time for going into the Cold Water, he says, is about Dinner-time, neither sooner or later. He advises to put off the Cloaths in the Sun, where no Winds blow; and if a Rigour seize him, to Cloath again and walk, or else to use Friction with his own Hands, to anoint moderately with Oyl, by which if the Body be warmed, it is sufficiently prepared for a Cold Bath, into which he must descend suddenly.

He advises, That the Cold Water should neither be froze, nor of a Coldness too remiss, for this does more Injury than the other; and he prefers the use of Sea-Water for the first Cold Baths, which has coldness enough, and some warmth from the Saltness. He advises to go in at the same time thrice, at first with a little rubbing, after to rub much and anoint, and go in again, and to continue their Swimming longer than at the first time, and then to return

return to the Friction and Anointing, and after to go in a third time, and if he ſtays but a ſmall time, to place the Head and Stomach under the Aqueducts, or elſe to have many Veſſels full of Water poured on him, (and this is the Καταχυσμὸς or Κατάχυσις, to which *Hippocrates* attributes the ſame Virtue as we find in Cold Baths) and after all moderately to be rubbed with Oyl, not to relax too much; after to rub the Body with a Strigil, till it is moderately red, by which the Body is ſtrengthened and made ſmooth. He obſerves, That though we have eat, we may uſe it upon the account of extream Heats and Burning; and that he himſelf in extream Heats, did uſe Cold Baths after Supper to procure Sleep, by which he procured a pleaſant Night's Reſt. He adviſes us to ſtop the Ears, which Parts ſuffer Injury by Cold Baths, which *Agathinus* wonders at, ſince Cold Baths are more uſeful than any other Regimen for preſervation of our Health.

I have here mentioned moſt of the Cautions preſcribed by the Ancients, the reſt I will quote from *Galen*, who prepared the Patient for Cold Baths, by putting them into the Hot firſt; on the *North* ſide of their Baths the *Romans* had their *Piſcina*, which were called by the *Greeks*, κολυμβήτρας, and ſometimes Καπνιστήρια, and theſe received

ved Cold Water from ſome Spring, and in theſe they did Swim after their Exerciſe. *Galen* thought Cold Baths injurious to Old Men, and Children; thin Habits in the Winter, and to thoſe who were not accuſtomed to them, and after eating; but Experience ſhews theſe Cautions needleſs. Old Men have experienced them when above Sixty. Springs being warmer in Winter than Summer, they may be uſed then, as in Sir *H. C*'s Caſe. We have tried them in Children ſufficiently in curing their Rickets, and in thin Hyſterick Women, and Hypochondriacal Men, and they have aſſured me, that they become more fleſhy thereby. An Old Man at *Aſhby de la Zouch*, of Seventy Years old, who had a Pain in his Back, and Lameneſs, uſed *Willowbridge* Bath, by which he was cured the firſt Year, and when the ſame Infirmity returned, he uſed the ſame a ſecond Year, and was wonderfully relieved by it.

The old Friction may be uſeful, if the Body be very cold, both before and after Bathing; and to prevent any Inconveniences, the Patient ought at firſt only to dip two or three times, and not to ſtay in the Cold Water. If we preſcribe Sweating after the firſt Bathing, we ſhall thereby diſcuſs all the Hot Vapours produced by thoſe Hot Cacochymias, which require Cold Baths,

Baths, and have thereby the ſame advantages as they who uſe Hot Baths before the Cold. As to the Unction uſed by the Ancients, that may relax the Skin dried and ſhriveled by Cold Air and Cold Water, as well as by Hot Air in Hot Countries, and Hot Water. This was the Practice of the Old *Britains*, to Paint themſelves when they went naked. And *Hippocrates* adviſes us to anoint towards Autumn and Winter, to defend our Bodies from the Cold. But in this preſent Age the *Northern* People only dip themſelves in Water, to harden their Skins, and to ſtrengthen the whole Body without any Friction or Anointing, but they uſe Exerciſe afterwards to warm them.

They who have a weak Heat, and are much decay'd, muſt not venture on Cold Baths: Nor they who are intemperate, and have eat or drank extraordinarily, becauſe the Diſtribution and Conſumption of an abundant Chyle being ſtopt, it muſt occaſion Fevers or Defluxions.

If the Spirits be ſunk by Looſeneſs, Vomiting, Venery, Watching, or any other Evacuation, we cannot well bear the Cold Baths; our Spirits being weak, will be overcome by its Chilneſs.

In the Fits of the Gout, Epilepſy, and in Inflammations of the Lungs, in the beginning

ginning of putrid Fevers, Iliac Paſſions, and in the Gripes, and during any Defluxion, Cold Baths are improper, for they hinder Expectoration, repel Pains, promote the preſent Defluxions and Fluxes, and Pains; but when theſe Acute Diſeaſes, or Chronical Pains and Defluxions are ended, 'tis certain that Gout-pains are prevented by Cold Baths, and uſing to waſh the Feet.

*Auguſtus* was cured of his Defluxions, as *Suetonius* relates, by Cold Baths, and Cold Baths as well as Water-drinking, prevent all Inflammations, Pains, and Effervescencies of Humours, on which Defluxions depend.

*Ætius* commends Cold Baths for Laſſitudes in ill Habits of Body uſed at certain intervals. And he adviſes them, who are burnt by the extream Heat of the Sun, to uſe a Perfuſion of Cold Water all over.

4. Moſt Evacuations depend on Effervescencies, and Defluxions of Humours: too much Evacuation by Sweats or Perſpiration in the *Boulimia canina*, are cured by Cold Baths, as *Ætius* adviſes, who alſo commends Cold Baths for the *Catamenia* too abundant, as well as the Whites, and *Pollutio nocturna* and ſimple *Gonorrhœa*. Tho' the External Perfuſions ſtop the Menſes and Hæmorrhagies; yet Cold Baths affect the Head, and move the Blood too much to

ſtop

ſtop Hæmorrhages, but they rather increaſe them. To prevent the Pain of the Head, occaſioned at firſt by Cold Baths, they lay a wet Cloth on that Part, or waſh it firſt.

5. *Cælius Aurelianus* quotes the *Greeks* for curing the Head-ach by the *Pſeuchroulſia:* and the reaſon of that Cure is evident, becauſe a *Hemitrania* is a Species of Rheumatiſms; and in the *Sciatica*, running Scorbutick-pains, and Pains of the Shoulders Cold Baths have certain Effects.

Hypochondriack-pains, Gout pain, Strangury, Nephritick-pains, Convulſive-pains, Hyſterick-pains, are all cured by Cold Baths. For which I may quote *Hippocrates's Aphoriſms*, *Lib.* x. Cold Water largely poured on the Part affected, cures Swellings, and Pains in the Joints, if without Ulcers; and alſo the Gout-pains, and Convulſions, all which it eaſes, and diminiſhes the Tumours, and takes away the Pains, for it occaſions a Stupor which eaſes Pain.

*Hippocrates* alſo adviſes Cold Water in Inflammations, and Heat with redneſs from freſh Blood; and he declares, that Cold Water hinders any Pain from ripening.

I have mentioned the great Effects Cold Baths have in rarified hot Bloods in the hot Cacochymias, in Fevers, Defluxions, Pains, Inflammations, and ſome Evacuations of Humours.

Humours. And I ſhall next give a Catalogue of the Effects Cold Baths have in Nervous Diſeaſes, which are very much relieved by them, becauſe the Animal Spirits are too much rarified in ſuch Diſtempers. But as to the great Effects which Cold Baths have in curing Paralytick Obſtructions, I have ſufficiently deſcribed them already. I can only add a remarkable Paſſage in *Hippocrates*, in his Book about Virgins, concerning the Nature and Cure of a Torpor or Stupidity of the Limbs, which is produced by forcing the Blood and Spirits to ſtand in the part by an External Compreſſion; but he deſcribes it by forcing the Blood from the Hips and Thighs into the Legs and Feet; and by this Torpor an Impotency to Motion is occaſion'd, 'till the Blood return to the ſame place, which he ſays will ſoon return, if any one ſtand in Cold Water above the Ancles. By this Quotation 'tis evident, That *Hippocrates* never knew the Nature of the Circulation, but he well apprehended that the Blood had a Motion given it by Cold Water; but what he imputes to the Blood, is due to the Nerves alſo, which being compreſſed, produce both the Torpor and Palſy, which differ only in degree: And that both theſe were cured by Cold Baths, is very evident by the Book of Liquids, in which *Hippo-*

*crates* commends Cold Baths for Paraplegies, Lameneſs, Stupors, (παρηκμὶ) and loſs of Speech. By this cure of external Stupors, as *Hippocrates* directs, ϖῖ ἐν ὕδατι ψυχρῷ, 'twas eaſy to infer, That all inward Stupors, ſuch as are thoſe of the Hyſterick and Hypochondriack, were cured by the ſame Method, *viz.* by cold Baths: And of the higheſt degree of theſe, *Hippocrates* treats, in which are great Fevers, *Deliria*, Appearances of Dæmons, Suffocations both in Men and Women. In Cold Countries the Extremities of the Body grow Stiff and Torpid by Cold, and if they apply hot things, or come near the Fire, the Noſe, Ears, Hands, or Feet, are apt to fall off; to prevent this Mortification, the *Polanders* and *Ruſſians* before they warm themſelves, put their Torpid and Frozen Parts into Cold Water, which Experience, and not any Learning has taught them, to Cure the Injuries of extream Cold Air, as well as to fortifie their Bodies thereby againſt the Senſe of it. And Mr. *Boyle* obſerves, That frozen Eggs will Thaw faſter in Cold Water than in the open Air; from which Experiment we may conclude, that Cold Baths may ſafely be uſed in Winter, to cure congeal'd Humours, or too much coldneſs of our Bodies. An Exceſs in Cold Baths is cer-

certainly injurious; for *Galen* tells us, That *Alexander the Great*, whilst he washed himself in the Summer-time in the River *Cydnus* in *Cilicia*, was seized with a Convulsion, Tremor, and Torpor. And in after Ages, *Frederick Oenobarbus*, the Emperor, died by Washing in the same Water. These Misfortunes in the Use of Cold Baths, may be attributed to those Emperors using of Cold Baths when Hot, or after great Surfeits, or their staying in them too long; but that this Water of *Cydnus* might be used with great benefit, *Strabo* affirms, who says, That the Water of it was very Cold and Rough, and that it was very beneficial in curing the Gout, and that it helped the thick Humours, which possessed the Nerves, both in Brutes and Men. The same Truth *Vitruvius* and *Pliny* afterwards confirm, and assure us, that the same Water being poured plentifully on the Gouty, immediately eases that Pain.

Lib. 1. *Of Procatartick Causes.*

*Georgic.* XIV.

There is a dangerous Practice at *Willowbridge*, of which I have heard some Patients complain: they wear the wet Shirts, in which they bathed, all Day afterwards, by which some were over-chilled; but I have heard others, that were more strong, who bore that Practice without any Injury, as they

informed me. The Inſtances I ſhall give of Cures done in the Diſeaſes depending on rarified Spirits, are in Watching, and the ſeveral kinds of *Deliria*.

I have given *Agathinus*'s Experience, That Cold Baths will procure good Reſt, and the ſame Effect we obſerve after Bathing in Rivers,

——————————*Ter unctus*
*Tranſnanto Tyberim ſomno quibus eſt opus alto.*
Horace lib. 2. Ser. Satyr. 1.

and if thereby reſt can be procured, the Cold Bath will prove uſeful in curing Madneſs, wherein that is always wanting. *Mercurialis* informs us, That he cured a Woman of a *Furor uterinus*, in which they oft drown themſelves, by a Cold Bath; and he deſcribes it thus, *Eſt appetitus venereus cum uteri ardore & delirio; de venere loquuntur, & tanquam furiæ quadam agitantur.* I once diſcourſed with Dr. *Tyſon*, about curing Madneſs by Cold Baths; and he inform'd me, That he had uſed it ſucceſsfully in a Woman who deſigned to drown herſelf. *Celſus* adviſes for curing the Madneſs called *Hydrophobia*, to throw the Perſon into a Pond, that he may be forc'd to Drink; and we commonly in *England* ſend Perſons bit by

by a Mad-dog to Bathe in the Cold Water of the Sea, which cools and purges.

I have been informed of a Phrentick Fever which was cured by Bathing the Head with Cold Water. And there are ſome Authors, who adviſe the putting them into Water.

Not only ſhaving the Head, but moderately Bathing of it, may be uſeful to the Maniack, and the fomenting the Head with Vinegar and Water, was practiſed by ſome Phyſicians; and ſince Cold Baths Cool, Sweat, and cauſe Reſt, they ſeem a true Specifick for the Maniack, which farther Experience may fully confirm. I have met with ſome Inſtances of Perſons in the Small Pox, who cured their Frenzy by leaping into Cold Water.

2. All the hot Windineſs of the Spirits require Cold Baths, ſuch are thoſe of the Epileptick Vertigo, Convulſions, Hyſterick or Hypochondriack Suffocations, Palpitation of the Heart, *Chorea Sancti Viti*, Chincough, Hiccough.

I have given a caſe out of *Hippocrates*, to prove Cold Baths to be uſeful to the Hypochondriack: And one of the Cures mentioned above, was in an Hyſterick Woman. As to Convulſions, or Sprains, *Hippocrates* in his Aphoriſms mentions σφακισματα, as ſome

ſome of the Diſeaſes for which we ought to uſe Cold Baths.

*Cælius Aurelianus* preſcribes Swimming in Cold Water to prevent the Epilepſy; and tho' he diſlikes the fomenting the Head with Vinegar and Water; yet he ſays, other Sects uſed it in the Fit: But ſince Wine, hot Diet, hot Baths, fetid Smells, occaſion the Fits of the Epilepſy, we may rationally try their contraries, cool Diet, Water-drinking, waſhing the Head with Cold Water, or the old *Poſca* to prevent the Fits.

For the *Vertigo*, the Learned *Baccius* adviſes, *Caput frigida aqua perfundant; his vero qui valde calidum caput habent, etiam roſaceum tum aceto adhibendum, ipſumque ex ſuli entibus aquis in balneo frigefacere, vel ex vaſe perfundere expedit.*

3. All the Inflations of the nervous Parts require Cold Bathing, ſuch are the Aſthma, Tympany, *Priapiſmus*, *Incubus*, Inflations of the Stomach, and the *Uterus*, and flatulent Tumours of the External Parts; theſe Diſeaſes are produced by a hot rarified Spirit, and are eaſily relieved by Cold Bathing, which compreſſes the rarified windy Spirits.

*Cælius Aurelianus* commends the uſe of natural Waters in the Aſthma, ſuch as in *Italy* were called the *Cutiliæ* or *Albulæ*; and adviſes the *Cataclyſmus* of them upon the Parts

Parts affected. He commends the Sea-water, or the *conſuetudo frigidi lavacri, quam pſeuchroluſiam appellant.* I am certain no hot Regimen can be proper for the Aſthma, but the Cold is very uſeful, *viz.* to drink Water in a Morning, to ſhave off, and waſh the Head every Morning, and a Cold Bath once in a Month or fourteen Days.

As to the *Orirogonon*, *Cælius* commends the *Pſeuchroluſia* for it: And in the *Priapiſmus*, he adviſes the ſame Method as in the Diſeaſes of the Bladder, which are to Drink and Waſh in the *Albula*, which hath the Stypticity of Alum; but in the Diſeaſes of the Stone, he adviſes to uſe either Salt, or nitrous Water, *quæ potandæ, & lavacro adhibendæ*

For the Tympany, *Cælius* adviſes thus, *Adhibenda natatio maritima, vel aquarum naturalium:* He eſteems it a Species of the Diſeaſes depending on an *Empneumatoſis*; and in this Caſe he adviſes Sweating alſo, which may be effected after Cold Bathing, and is proper in all Caſes in which the Serum abounds.

Cold Water poured largely upon any part affected with a *Tetanus* cures it; therefore Cold Baths are uſeful in the ſame Caſe; and in the Gout, and other Pains there is

an Inflation of the Membranes, for which Cold Baths are proper.

*Seneca*, as appears by his 56th Epiſtle, was ſubject to the *Aſthma*, which he calls *Suſpirium*, for which he uſed a Geſtation for his Exerciſe, *cum ex aliqua cauſa ſpiritus denſior erat.* He deſcibes it thus, *Brevis valde & procellæ ſimilis ineptus eſt intra horam fere deſinit, aliud quicquid eſt ægrotare hoc animam agere.* And 'tis very probable that he uſed Cold Bathing for it, Epiſt. 54. *Memor artificii mei veteris mitto me in mare, quomodo pſeuchrolutum decet gauſapatas.* See Epiſt. 83. *Ab hac fatagatione magis quam exerciatione in frigidam decendi.* By this Inſtance 'tis plainly proved, that *Aſthmaticks* uſed Cold Baths in *Italy*, where *Cælius Aurelianus*, or *Soranus*, adviſed their *Pſeuthroluſia.*

*Baccius* commends Cold Baths againſt the Poyſon of the Juice of Mandrake, which has an opiate Faculty: and this hint ought to excite Phyſicians to inquire how far, and on what account Cold Baths can help the Poiſon of Opiates.

In Sleep, the Spirits return inward to the *Primæ viæ*, to help Digeſtion and the Periſtaltick Motion; they alſo leave the Exterior Muſcles, Membranes, and Senſes, to ſupply a greater vigour to the Muſcle of the Heart, whereby Nutrition and Diſtribution

tribution of the new Chyle, and Sanguification, is very much promoted; the reſpiratory Organs then alſo have their Motion continued in Sleep, becauſe they alſo promote the motion and mixture of our Humours. The Effects then of all Opiates, muſt be to draw the Animal Spirits from the External Senſes and Parts into the inward Nerves, to promote the Periſtaltick Motion, the Pulſation of the Heart, and the Reſpiration. 'Tis certain, that the immediate Effects of Opiates are firſt in the Stomach, and vomiting them up immediately cures them; and 'tis as certain, that Opiates work on the Stomach by their nauſeous Bitterneſs, and Acrimony and Fetid Smell; this nauſeous Taſt gives a purging Faculty to *Solanum Lignoſum*, Tabaco, *Mirabile Peruvianum*, and after the ſtupifying Effects of the Opiates are over, they oft vomit in the Morning, which is occaſioned by the nauſeous Bitterneſs, (Opiates being ſlimy as well as bitter) and the Fœtor and the Acrimony of the Opiate paſſes into the Nerves, which are next to it, *viz.* thoſe of the Stomach, Heart, and Diaphragm, which are about the Mouth of the Stomach, and in them they cauſe a pleaſant Senſation, which as Dr. *Jones* has ingeniouſly deſcribed in his *Myſtery of Opiates*, cauſes a Relaxation of the Exterior Parts and Senſes.

That

That this Senſation may be imputed to a Dilirium is probable, becauſe all Opiates in great Doſes produce ſuch Effects; for ſuch is the Effect of *Cicuta*, *Henbane*, Poppy, in hot Conſtitutions, and *Solanum furioſum*, and Mandrake. And *Hippocrates* tells us, That they who are hurt in any Part, and feel no Pain, are certainly diſtempered in their Minds, and the Inſenſibility of Pain, Thirſt, and Evacuations, are the known Effects of Opiates.

Mandrake is deſcribed to be nauſeouſly Bitter and Fetid, which produces a Fœtor in the Body, Madneſs, intolerable Itching and Burning in the Skin, Red Eyes, Tumid Face, Drineſs in the Mouth, Sadneſs, Dulneſs, Languor; theſe Symptoms may be relieved by Cold Baths, which promote the Perſpiration of the Fœtor, and excite the Stupidity by affecting violently the outward Senſes; they cool the Itching and Burning in the Skin, the inflamed Eyes, the nauſeouſneſs of the Stomach, and ſleepy Languor of Spirits; and this Effect ought to oblige us to inquire farther, how far Cold Baths may be proper for ſleepy Diſeaſes, of which kind the Apoplexy, Lethargy, and *Incubus* may be reckoned, and the Sleepineſs preceding Fits of the Mother, and other Convulſions. If the Apoplexy, Palſy, and Lethargy have Rheumatick Blood,

Blood, and very Sizy, upon that account Cold Baths after ſufficient Evacuation by Bleeding, Vomiting, Purging, may excite the Stupid, and promote the Motion both of Viſcid Spirits and Sizy Blood: And 'tis not to be thought a Paradox, that Cold Baths ſhould be proper for the Apoplexy, ſince 'tis ſo uſeful for the Palſy, and Cures certainly all the Species of it, which are mentioned above; to which may be added, the Palſy of the Eyes, the Flux of Tears, Weakneſs of the Lips, *Lapſus Seminis*, *Atrophia Nervina*, Palſy of the Diaphragm, Lungs, Guts, *Oeſophagus*, Stomach, *Penis*, and prevents ſudden Death, which *Hippocrates* calls the Palſy of the Heart. 'Tis obvious to argue, if Cold Baths can Cure all theſe Effects of an Apoplexy, which we call different Species of the Palſies, why may we not believe they may Cure the Stupor in the Head and Limbs? *Cælius* very much commends the *Albula*, which are Cold Waters, and Swimming in the Sea for all Palſies. 'Tis certain, That Hot Baths when uſed by young, or hot Paralyticks, oft occaſion a new Fit of the Apoplexy. The Sea-men cure their Sailors by throwing them into the Sea when they are Dead-drunk, which excites their ſtupid Senſes, and makes them very ſober. The drowſineſs in Apoplexies is from ſtagnation

on of the Blood; but in Drunkenneſs and Convulſions, from the filling the Nerves with Serum; and in both theſe Caſes Cold Baths may be uſeful, becauſe they cauſe the Stagnating Blood to move; and they prevent Defluxion through the Nerves, which happen in Aſthma's, Hyſterick Fits, Convulſions, at which time the Sleepineſs oppreſſes the Spirits. At the end of all Defluxions, *Cælius* adviſes the change of the Air, and the uſe of Common Water to Drink, and to foment the Head; and ſince all Hot Baths, Hot Wines, Hot Fumes, produce Defluxions, and increaſe them, it ſeems very rational, That Cold Baths as well as waſhing the Head, will prevent them. In all Catarrhs the Rheum is puſhed through the Glands, about the Mouth, Throat, Head, Neck, and waſhing the Head prevents the Defluxion of the Serum that way by conſtraining the Glands. And for this Effect I can rely on *Celſus*, as well as common Experience, which aſſures us, That Hot Baths weaken the Head, and that Cold Water ſtrengthens it: Defluxions depend on Effervеſcencies, Ephemera's or Putrid Fevers. And *Galen* has obſerved that what Fevers are cured by Bathing, are cured rather by the help of cold Waſhing, than by the hot temperate Baths,

Baths, or after theſe the Feveriſh ought to deſcend into the Cold Baths.

*Paulus* adviſes Cold Baths for the Dimneſs of Sight, which depends on a Defluxion through the Nerves; and if the Eyes be opened in the Water, he ſays, they will be conſiderably ſtrengthened thereby.

*Cælius* blames *Diocles* for recommending the *Pſeuchroluſia* in the Ulcer of the Lungs, which though it cannot be cured thereby, yet the Hectick may be helped in ſome meaſure; and Cold Baths will prevent Impoſthumations, and the Tumours which preceed the Phthiſick, after due Evacuations, and mixed with the method for curing Defluxions. The reaſon why they are not good for the Tabid, is, becauſe they will hinder Expectoration, and promote Looſeneſs.

*Cælius* adviſes, after the Cure of Spitting Blood, *Ineunda Conſuetudo frigidi lavacri*; therefore Cold Bathing will prevent all Hæmorrhaiges.

*Cælius* commends Cold Baths for preventing the Gout, ſuch as the *Cotiliæ* and *Albulæ* in *Italy*, *Dabit enim aliis integram ſanitatem, aliis raram doloris admonitionem.*

The old *Athletæ* bathed in Cold Water oft, to prevent any unchaſt Deſires, they being generally forbid the uſe of Women,

and

and the ſame is proper for natural Pollutions.

All Inflammatory Pains which depend on ſizy Blood, ſuch as thoſe of the Rheumatiſm, Pains of the Ears, Eyes, Limbs, Teeth, Head, are certainly relieved by Cold Baths.

All Pains depending on ſalt or corroſive Humours, ſuch as the Gout, Stone, Strangury, are relieved by Cold Baths: The Pains of the King's Evil and Cancer, have not yet been tried.

*Celſus* commends Cold Baths for the Jaundice in Summer, ſo that we may by this obſerve, how much they promote the Secretion of Humours thro' the Glands.

*Seneca* informs us, That the *Romans* waſhed their Legs and Arms every Day; but they waſhed their Body all over only on their *Nundinæ*, which was every ninth Day: and this Cuſtom we may well imitate, becauſe of the Changes of the Moon happening once in fourteen Days. By this ninth Days waſhing in the Summer time, all Defluxions of Humours and other Alterations depending on the Moon will be prevented, eſpecially if we waſh every Day the Head, as well as the Arms and Legs, the Body will be thereby kept very cool.

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The Spring uſed at *Rome*, was that called *Virgo*, which was very Cold, and in that they bathed after hot Baths, or moderate Exerciſe.

*Virgine vis ſola lotus abire domum.*

I find in Dr. *Leigh*'s Hiſtory of *Lancaſhire*, ſome Paſſages relating to Cures done by Cold Baths: I think my ſelf (and all our Country alſo is) obliged to him for them and many other curious Obſervations, with which his Books are filled, relating to Waters, Minerals, and Animals, *&c.*

He tells us the moſt remarkable Cold Spring is at *Sorbeck* in *Lancaſhire*; and that upon the Immerſion of the Hand into it, the Hand grows extreamly Red, and that a violent Pain is perceived in it, and that it is a Chalybeate Water; and that if a Thermometer be ſuſpended in it for half an Hour, the Spirit in it will ſubſide an Inch. If the Spirit will ſubſide an Inch, that ſhews how much the Animal Spirits may ſubſide by Cold, as well as be compreſſed by the weight of Cold Water upon Bathing in it. Our ordinary Barometer ſubſides in our Climate upon the Changes of Weather near three Inches; and that ſhews how much the Alterations of Weather uſually change the Rarifications of our Humours

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in Air, or Climate; and if we design to fortify our selves against Cold, which compresses, and in our Climate alters our Blood and Spirits, we must always keep them compressed by Cold Baths: for in Cold Climates, about Eighty one Degrees from the *Æquator*, the before-mention'd Doctor informs us, That the Barometer alters not above half an Inch by the Changes of Weather; therefore in Cold Climates the Humours ought to be constantly kept compressed, and the Air lodged in them condensed: So on the contrary in the Climates near the Line, the *Barometer* alters little, there the Air is most rarified, and the Air in the Blood ought there to be always kept in a rarified State, and not to be over compressed by a Cold Regimen. In our Country, which lies betwixt the *North* and *South*, the Alteration of the Air, and its condensation by Cold is more than its Rarification by Heat; therefore since Cold exceeds the Heat, we must adjust our Air in our Humours to the same Temper, and keep our selves more cold than hot; for the hotter we keep our selves, the more we suffer by any Cold that happens, as well as the alteration of the pressure of the Air, which is very great in our Climates. For the Doctor tells us in Degree 45. the Barometer alters three Inches, but in 60, two Inches,

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in 75, but one Inch; and in 15 from the Line, one Inch; and in 30, two Inches.

All tenderneſs ſeems to depend on being kept too hot, ſo that we cannot bear the ſenſe of our own Air, and this is only to be cured by Cold Baths; and if we be affected by the Changes of Weather, that happens by the Effervescences which are promoted by the Alteration of the Preſſure of the Air; which is beſt prevented by keeping the Humours cool, and of the ſame Temper as our Air, for then they will eaſily condenſe and rarify with it, and not run into violent Ebullitions, if the Air become lighter, nor beome ſizy if too Cold, or over compreſſed.

The ſame Author, *Page* 54, *of Lib.* 2. gives this Obſervation, In Leprous Diſtempers, Scorbutick Rheumatiſms, and the Rickets, and Scorbutick Atrophy, before the Hectick heat be too intenſe, I have not known any Medicine to perform the Effects which theſe Waters frequently do.

In the Leproſy, which he truly takes to be a Species of the Scurvy, *Lib.* 2. *Page* 56. he commends Chalybeat Waters, Cold Baths, and an Abſtinence from Fleſh-meats, by which Dr. *Baynard* recovered his Patient from the Leproſy, when Bath-waters and Salivation did not ſucceed.

If Cold Baths are proper for the Scurvy, and Conſumption, then they are uſe-

ful in the ſeveral Species, and Complications of them with other Diſeaſes.

The Scurvy is complicated with Hemicranias, Pains, Dropſy, Jaundice, Ulcers, Vertigo, Aſthma, Convulſions, *&c.* and in all theſe for the Scorbutick Humour, which is Salſo-acid, Fetid, Acrid, Bitter, Biſious, and like their Urine, which is bitteriſh, fetid, and lixivial; in all which Cold Baths are uſeful. Under the name of the Scurvy, divers Diſeaſes are comprehended, becauſe we may obſerve in it the Complication of Divers Cacochymias.

On the Acrid, Salt, or Corroſive Humours, depend the Corroſion of the Teeth and Gums, the exceſſive Pruritus in the Skin, the Diarrhæa, Coughs, Sweat, Atrophy, Conſumption, and Lixivial Urine. On the Viſcidity of the Blood, the Hemicrania, Inflammations, Pains in the Skin, Limbs, Teeth, Tonſils, and all Puſtules depend.

On the Putrefaction of Humours, the Fætor of the Mouth, the Spots in the Skin, Putrid Spits, Scorbutick Ulcers, Gangrenes, Morphew, Scurf, Lepra, Hemorrhagies by Dyſentery, Hemorrhagies by the Noſe, Vomiting, Coughing, and by the Gums.

On the Flatulent Cacochymia, all the Symptoms in the Nerves depend, Convulſive Motions, Trembling, Stupor, Beating,

ing, Vermiculations, Coldneſs, Numbneſs, Palſy, Erratick-Pains, *Chorea Sancti Viti*, Colick, Aſthma, Epilepſy, Vertego, Hypochondriack and Hyſterick Caſes. I have enumerated all theſe Symptoms of the Scurvey, to ſhew in how many Caſes Cold Baths may be uſed for the Scurvy, and that where it agrees with the Cacochyima, it will generally agree with all the Diſeaſes depending on it. By the ſeveral Cacochymia's mentioned in the Scurvy, we may obſerve, that Authors call all the Hot Cacochymias, the Acrid, the Bitter, the Viſcid, Salſo-acid; the Acid, and Putrid, the Scorbutick Humours.

Conſumptions depend on divers Diſeaſes, ſuch as Evacuations, *Fluor albus*, *Diarrhœa*, *Diabetes*, Scurvy, Rheumatiſms, Stone, Gout, Aſthma, *Chloroſis*, Rickets, Surfeits, Hæmorrhagies, Obſtructions, *&c.* And where the Original Diſeaſe will admit of Cold Baths, there they muſt be uſed to cure the Hectick; and ſince the Conſumptive have always a Sizy and Salt Blood, for them alſo Cold Baths are uſeful to correct thoſe Cacochymia's.

Since Hot Baths propagate Infection, why may we not try cold ones to prevent it? Infectious Diſeaſes are very rare in Cold Countries, and the Hot Blood is ſooner infected in Children, than the Cold in Old

Men. Hot Baths occaſion Faintneſs; therefore Cold Baths by keeping in the Spirits ſtrengthen them.

By all the Particulars mentioned, I have proved that Cold Baths are proper Specificks or Antidotes againſt Opiates, and ſleepy Diſtempers, for which they are effectual Anti-hypnoticks againſt Defluxions, Inflammations, Pains, the beſt Preſervatives and Anodynes; they are alſo good Anti-Phthiſicks, Anti-Scorbuticks, Febrifuges, Anti-Rheumaticks, Anti-Rachiticks; and in a word, the beſt and only effectual Cephalicks, Anti-Paralyticks, and Anti-Convulſives, Diureticks and Sudorificks, *&c.* I think I have need to ſay no more of Common Cold Baths, but will give ſome Character of two other Cold Baths, which I met with in the old Writers, *viz.* thoſe of Sea-Water or Nitrous Springs.

Since we live in an Iſland, and have the Sea about us, we cannot want an excellent Cold Bath, which will both preſerve our Healths, and cure many Diſeaſes, as our Fountains do.

Swimming in the Sea is commended by *Ariteus* for the Cold Pains in the Head. By *Ætius* for the ſtoppage in the Noſe, and loſs of Smelling, if we uſe it conſtantly. By *Celſus* and *Antillus* for the Dropſy, Scab, Leproſy, and Spots in the Skin or any Defluxion

fluxion on the Legs, or any other Part, and for the Atrophy. *Cælius Aurelianus* commends it for the Palsy, the weakneſs of the Stomach, the Jaundice, Spleen, Obſtructions or the Cachectick, and in Pains of the Head, and Epilepſy. *Ariſtotle* obſerves, That the Sea will much better carry the weight of our Bodies than Common Water, and he ſays it is more wholeſome, and that it cauſes a greater expence of Humour than riding in a Coach; it makes the Body lean, ſtrengthens, heats, and attenuates.

I have ſufficiently enumerated the Benefits of Cold Baths; and that I might prevent Inconveniences, I will mention the Injuries done by them.

'Tis obſerved by *Antillus*, That all ſort of Swimming offends the Head, the Circulation of the Blood being outwardly checked, it is forced inwards for the preſent; this is to be prevented by laying a wet Coth or Night-Cap on the Head, or wetting that firſt, and diving under Water.

Cold Baths ſometimes procure Deafneſs, which may be prevented by ſtopping the Ears, or uſing them leſs, and not too frequently, nor ſtay in too long at any time.

An exceſs in Cold Bathing occaſions Cramps, Horror, and Fevers; all theſe are prevented by ſtaying in them no longer

than we can bear the Senſation of the Cold Water without exceſſive Chilneſs, and to uſe Friction before or after; theſe Inconveniences the *Romans* prevented by Friction and Unction, which heats the Body, and by heating the Body with moderate Exerciſe before.

The ſame Errors may happen in the uſe of Cold Baths, as in the Hot Baths; they may be uſed in unſeaſonable Weather; and in very cold Weather Cold Baths cannot be convenient, but from *June* to *September* they may ſafely be uſed. Cold Baths may be uſed as well as Hot Baths in proper Caſes: Cold Baths agree only with Hot Conſtitutions, and not with Cold, nor in decayed, weak Spirits, and very old Perſons, nor after Exerciſe and great Laſſitude, nor during great Inflammations affecting the inward Parts, as in Pleuriſies, Phthiſicks, Colicks, nor after great Surfeits, and full Meals, and in Convulſions.

To prevent theſe Inconveniences, let every Perſon conſult ſome Phyſician, who may better know his Conſtitution, the Nature of the Diſeaſe, the proper time for uſing Cold Baths, and may firſt uſe all proper Methods of inward Medicines, and after them uſe Cold Baths, *Secundum artem*, and not Empirically.

We may abuſe Cold Baths by going into them when too Hot, and by uſing them too frequently, or ſtaying in them too long, or by holding the Head under the Springs, or bucketing the Body, or Breaſt, or wearing wet Linen after them all Day. For Example of theſe Misfortunes, let all Perſons reflect on *Alexander Oenobarbus*, and Young *Marcellus*, among the Ancients, who received Injury by Cold Baths. And *Suetonius* tells us, That both the *Veſpaſians* died at the Cold Waters at *Cutilia*. But *Pliny* commends theſe Nitrous Waters for the Stomach, Nerves, Joints. And *Celſus* commends them in the Reſolution of the Stomach and Atrophy. And *Vitruvius* commends them for the *Struma*. But to prove that there is a proper Uſe to be made of Cold Baths, I muſt refer the Reader to the Hiſtory of *Auguſtus* in *Suetonius*, to *Pliny's* Natural Hiſtory, to *Horace ad Valam*; to *Seneca* in his Epiſtles, who calls himſelf *Pſeuchroloutes*; to *Pliny's* Epiſtles, *Lib. 2. Epiſt.* 17 who deſcribes his Baths, *Inde Balnei cella frigidaria, ſpatioſa, & effuſa, cujus in contrariis parietibus duo Baptiſteria velut ejecta ſinuantur, abunde capacia ſinuatione in proximo cogites, adjacet unctorium, hypocauſtam, adjacet propigneum Balnei, mox duæ cellæ magis elegantes quam ſumptuoſæ.* See more of this in the Fifth Book. See

*Diogenes Laertius* in his Life of *Plato*, where *Euripides*, who accompanied him into *Ægypt* was cured by Bathing in the Sea, to which the Prieſt adviſed. From hence the Uſe of Cold Baths was firſt learnt by the *Greeks*, and *Hippocrates* might learn it here, as well as from the *Scythians*. Moſt part of the *Grecian* Art of Phyſick came from *Ægypt*, which had a Phyſician for every Diſeaſe, except thoſe of Children; and their Diſtempers are moſt deſcribed by the *Grecian* Writers, ſuch as the Rickets, the Small-Pox, Meaſles.

Since by Hot Baths, Wine, Eating, Exerciſe, and all other things we uſe, we may receive good by a prudent, moderate, reaſonable Uſe of them, and great Miſchiefs by an unſeaſonable, improper, diſorderly Abuſe; ſo I deſire all Perſons would think of the proper and improper Uſe of Cold Baths. They may preſerve our Healths, and cure many Diſeaſes, if uſed according to the Ancient and Modern Art of Cold Bathing; or elſe do great Miſchef by unskilful, imprudent Management, as I have obſerved in ſome Patients, who the firſt Year went with good Advice, and after fit Evacuations and Alterations, to Cold Baths, and there received great Benefit; but by going unadviſedly the ſecond Year, and truſting to their own Experience, found

many Inconveniencies to happen to them, which would have been avoided by a proper uſe of ſpecifick Remedies, and good Evacuation, if they had been preſcribed before their ſecond Year's Uſe of Cold Baths. No Remedies, though never ſo good, can have a certain good Effect, unleſs uſed in proper Circumſtances, as to Time, Doſe, Quantity, and in proper Conſtitutions and Diſeaſes; and if theſe be obſerved in the Uſe of Cold Baths, I know all Mankind will allow that I have proved what I deſign, That Cold Baths are both ſafe and uſeful, for preſerving our Healths, and curing our Diſeaſes.

*Paulus Æginetæ* commends Cold Baths, but gives this good Advice, to uſe an exact Diet, and convenient Exerciſe; the Diet, ought not to be too hot, becauſe that will breed Acrid Humours, which being kept in the Body by Cold Baths, may occaſion ſome prejudice to our Healths, therefore we muſt uſe a Cool Diet, whilſt we uſe cool Baths; but immediately after Cold Bathing, we may take ſome Cordial Liquors, as Ale, or Wine, if we be very Chill.

Moderate Exerciſe is alſo neceſſary in Cold Bathing, not only to warm the Body before and after it, but at other times to diſcuſs hot Vapours retained in the Blood.

*Orobaſius* made his Compendium of *Galen's*

*len*'s Phyſick, by he Command of *Julian* the Emperor, wh was made *Caſar*, *Ann. Chr.* 357. *Ætius* was his Contemporary, and I have quoted him for Cold Bathing. *Trallianus* writ after theſe; he alſo approves of Cold Baths in Melancholick Caſes, *Concedendum ut non modo in calido ſolio, ſed etiam frigidæ labro diutius immoretur.*

*Æginet a* writ laſt of all, *An. Chr.* 420. and his Judgment I have given already concerning Cold Bathing, and his Cautions I gave about it. I have mentioned all theſe Phyſicians to ſhew, That Cold Bathing was the general Practice at *Rome* from the Time of *Muſa*, in the 20th of *Auguſtus*'s Reign, till *Æginet a*'s Time, which is near 400 Years in that Empire. And ſince the cure of Diſeaſes by Cold Baths was generally practiſed by all People, as well as their Emperors, that practice of Cold Bathing muſt needs come with the reſt of the *Roman* Cuſtoms unto us, and certainly remained among the *Britains* when the *Romans* left this Iſle. The *Saxons*, who ſucceeded the *Romans*, brought in the *German* Cuſtom of Waſhing in Rivers for the preſerving of their Healths, and that made them receive the Baptiſmal Immerſion in Rivers and Fountains, without any ſcruple; and 'tis probable, that on theſe the firſt Chriſtians impoſed the Name of their Saints, and Religion

ligion taught the Heathens to change the Names of their Springs, and dedicate them to the Chriſtian Saints, which for their great Cures were formerly dedicated to the Dæmons. So *Virgo*, the famous Spring at *Rome*, which was dedicated to *Diana*, was afterwards conſecrated *Divæ Mariæ Virgini*, as the Learned *Baccius* affirms.

The *Cutilæ* were famous among the *Roman* Phyſicians. They were cold Nitrous Waters, and were uſed both in Drinking and Bathing for the Gout, Stone, Inflammation in the Eyes, the King's Evil, all Hot Defluxions, and to ſtrengthen the Stomach. We have a great Quantity of theſe Waters in *England*, and out of them we may contrive Cold Baths, for the Diſtempers mentioned. *Celſus* and *Cælius Aurelianus* made uſe of ſuch Cold Baths in many Diſeaſes, and we cannot well cure ſome Diſeaſes without them. The bitter Salt made out of ſuch Waters, ſeems to be the true Nitre of the Ancients, which they made out of Springs by Decoction, or the Heat of the Sun, and their Nitrous Waters are deſcribed to be bitter, rather than Salt, and that they are more bitter the leſs mixt (with Salt, Alum, Vitriol, or Sulphur) the Nitre was. They ſay, the Virtue of the old Nitre was to purge by Urine and Stool, and that it had an Acrimony to open Obſtructions. And ſince Dr. *Grew*'s purging

ing Salt has all these Qualities, it is certainly the ancient Nitre as to its Physical Virtue.

The *Albulæ* are oft mentioned by *Cælius Aurelianus*, *Galen*, *Ætius*, and these were Astringent and Salt, of a mild Heat; and instead of these we may use *Buxton* as a temperate Bath in Rheumatick cases, and the Stone, and Ulcers, and all Fluxes and Abortions, and for exciting Appetite. *Cælius* describes the *Albulæ frigidæ virtutis*, pag. 330. *Solutione laborantibus vel fluore quorumlibet officiorum naturalium á veteribus appropriatæ.* He advises the putting the Part affected under the Falls of Springs, which the *Greeks* call *Catactysmus*, and that causes great changes in Diseases.

That Purging Waters were used with Cold Bathing, is evident by the use of these Cold Nitrous Waters, both at the same time for Bathing and Drinking; and where we want them, we may use the bitter purging Salt to prepare our selves for Cold Baths.

To these *Cutiliæ*, the *Romans* used to go in the Summer as we do to *Epsom*, and there both the *Vespasians* died. Of *Flavius Vespasian*, *Suetonius* tells us how he miscarried, and that *creberrimo frigidæ aquæ usu, intestina vitiasset*: And we may observe that some of our Country-waters occasion Dysenteries, when used too oft.

I

I think fit to recommend the Regimen of *Alexander Severus*, a prudent Emperor, to the preſent Age, which *Lampridius* thus deſcribes: Firſt in the Morning he diſpatch'd all Publick Affairs, whether Civil or Military, afterwards he read the *Greek* Authors, then he applied himſelf to ſome moderate Exerciſe, ſuch as Running, Ball-play, or Wreſtling, and afterwards being anointed, he bathed in Hot Baths rarely or never, but in his *Piſcina* always, and ſtay'd in it near an Hour, and in the Morning faſting he drank Cold Water, about twenty Ounces; and after his Cold Bathing, he eat much Bread and Milk, Eggs, Mulſum; and after theſe he dined often, but ſometimes eat nothing till Night. By this uſe of Cold Baths, he, like a Philoſopher, prepared his Body for his Studies, and hardened it for War; by this wiſe Method he lived to be old; and ſince he came into *England*, and conquered his Enemies here, and at laſt dyed at *York*, we may very well conclude, that this Method of uſing Cold Baths was well known in *England*, and practiſed here ever ſince by the *Old Britains*, who oft on the account of Cold Bathing, frequented St. *Winifred*'s Well. All the Account I can meet with, of St. *Winifred*, or St. *Mongah*, is contained in the following Letter

Letter from a Learned Divine concerning thoſe Saints, to whom our moſt Eminent Cold Baths were dedicated by *Britains* or the *Saxons*, when Chriſtianity was firſt planted among them.

Moſt honoured Sir,

I *Have laſt Night, and this Morning, been turning over my poor Study of Books, to find ſomething of* St. Mongah.——*This Account I find of him.*——*His true Name is* Kentigern, *and he lived about the Year* 560. *and was Biſhop of* Glaſcow *in* Scotland, *whence he was driven out by the* Pagan Saxons *for ought I know.*——*However he was driven out of his own Country, and fled to* St. Aſaph *in* Flintſhire, *where he found means to build a Monaſtery between the Rivers* Elwyd *and* Elwy; *ſome time after he built a Church, and there flock'd abundance of People to him, ſo that his Monaſtery at laſt amounted to the number of* 660. *whereof 'tis ſaid, That he appointed* 300 *that were utterly unlearned to Till the Ground, and other Husbandry Work, and other Handicraft-Work in the Monaſtery,* &c. ——*His Church was firſt built of Timber, and afterwards of Stone, not without ſome reſiſtance of one* Malgo *or* Maglocunus, *a* Britiſh *King, dwelling then at* Deganwy, *a dozen Miles off; but at laſt he gave him liberty, and*

*con-*

*conſented his Church ſhould be an Epiſcopal See, and withal beſtow'd ſeveral Mannors and Privileges upon it,* &c. *This* Kentigern *was firſt Biſhop here, and he is ſaid to be the Son of* Thanes, *who was Daughter to* Loth, *King of the* Picts; *who his Father was, could never be known: Many Ignorant People there were in old time, that thought that he was born of his Mother, being a pure Virgin.*——*How long he lived here in* Flintſhire *is not known, but he left his Biſhoprick to his Scholar* Aſaph, *from whence it after had its Denomination of St.* Aſaph, *being called before* Epiſcopatus Elguenſis & Elvenſis, *from the River* Elwy, *as was ſaid before.*——*But as I ſaid,* Kentigern *at laſt had leave to return into* Scotland, *to his former Biſhoprick of* Glaſcow, *and lived (as the Legend and other Accounts ſay, if we can believe them) to the Age of* 185 *Years. Could it be proved that he bathed himſelf in Cold Water, it would be a noble Inſtance to your purpoſe? But you will ſay what hath* Kentigern *to do with St.* Mongah, *for ſo is the true Name? I anſwer, That* Kentigern *was Scholar to* Servanus, *Biſhop of the* Orcades, *or the Iſlands of* Orkney, *and intirely beloved of him, inſomuch, that he would ſtill call him* Mongah; *that is in the* Noriſh *Tongue, or Tongue there ſpoken,* a dear Friend, *or* Dearly beloved.——*Of* Servanus *I could ſay more, but this may ſuffice: So that by this means,*

*means,* Kentigern *became moſt commonly known in theſe Countries by the Name of* Mongah, *as* Chryſoſtom, *and others, have been upon ſuch accounts, whoſe true Name was* John, *and the Name of* Chryſoſtom, *or* Golden Tongue, *given him for his Eloquence, ſo that now that is the Name moſt commonly he is known by.*

*I cannot find any where he did any Miracles at theſe Wells you mention, but it was a common thing to dedicate Wells,* &c. *to Saints, who never had been there, even by the Account the Legend gives of them. I know abundance of* Chad-wells, *where* Chad *is never ſuppoſed to have been; the Virtue they might have by Prayers or Dedication, as was common, to dedicate Churches to them; but if there be any thing more than this, and the Legend mentions any particular Bleſſing the Wells had from his Prayers, there is a full Account to be had, as I find among Archbiſhop* Uſher's *MSS. in* Dublin *Library,* vita ſancti Kentigerni, Cod. 193. ——Capgrave, *I ſuppoſe, hath ſome account of him in* Catal. ſive Legend. Sanctorum Edit. Legend. 1516. fol. *and his is but an Extract out of a large Work intire in the* Cotton *Library,* Tib. E. 1. MS.

*Since my Writing, I find a large Account of him in* Uſher's Primordia, pag. 681, *&c.* of my Edit. 4°. *Mine is not the beſt, but of his own Publiſhing——I ſuppoſe the MS. I men-*

*mentioned in the* Dublin *Library, is* Johanes Timmuthenſis, *or* John *of* Tinmouth; *and* Uſher *hath given a large Abſtract out of him, in effect, I ſuppoſe all that is in him.* —— *Here he is made go to* Rome *to Convert ſome of the* Pagan Saxons. *The Account of his being driven from* Glaſcow *is at large repeated, &c. but nothing of his Miracles at theſe Wells, as I can find.*

*Concerning* St. Winifred's *Well, the Legend is well known, that ſhe being a Chaſt Virgin, would not yield to the Imbraces of one* Caradoc, *Lord of* North-Wales, *who cut off her Head, &c. I ſuppoſe you know the Legend well enough;* —— *this they ſay was in* 644. —— *if ſo, the Virtue of the Water muſt have its riſe from that time; but there's a ſhrewd Objection againſt this Tradition.* —— *For* Giraldus Cambrenſis, *an admirable Scholar for his time, who lived in the time of* Henry II. *that is, about* 1200. *for he lived long; He, I ſay, a* Welſhman, *took a Journey into all Parts of* Wales, *and is mighty particular in the Account of all the Abbies, and miraculous things eſpecially, and ſometimes ſays more than is true; yet he makes no mention of this miraculous Well, nor any thing relating to it.* —— *It is to be obſerved, he ſays, he lay one Night at* Baſingwerk, *which is but half a Mile from theſe Wells. But it is rationally ſuppoſed that the Monks of* Baſingwerk, (*which Abby was founded about a hundred Years after* Giraldus,) *fra-*

*framed all these Legends for their own ends.* See Dr. *Powel* in his his Annot. to *Girald. Camb.* at large.

I have given you, my Honoured Country-men, all the Experiments I could collect both from the Ancients and Moderns, and have nothing farther to add, but an Answer to the Vulgar Objection, that our Country is too cold for Cold Baths; to which I have already in part answered, by mentioning the Bathing at St. *Mungo* and *Holywell*, which is yet constantly practised. And I will add, that *Cæsar* in his Commentaries tells, that the old *Britains* went almost naked, and painted their Bodies to affright their Enemies. He farther says, That the *Suevi* and old *Germans*, (from whence afterwards our *Saxon* Race came) had no other Cloathing but Skins; and that in their Cold Country, *Promiscuè fluminibus perluuntur*, and that most of their Bodies were uncovered.

*Buchanan* in his *Scotch* History tells us, That the *Picts* went naked, and painted their Bodies, and that the *Scotch* Islanders sleep upon the Snow, or make themselves Beds of Heath, with the Flowery ends upwards, which, *Mollitie cum pluma certant, salubritate certe superant, omnibus non negligentia modo in cultoribus, sed affectatio inculti horroris, & duritiæ summa est.* He farther tells us, That the Inhabitants of the *Orcades* pre-

preserve the Vigour, Beauty, and Largeness of their Body, as well as Health in their Mind, by their observing their old Parsimony; and that their Ignorance of the nice and luxurious ways of Living, conduced more for preserving their Health, than any Medicinal Art. When the *Northern* Nations had taught the *Romans* the use of Cold Bathing, by the frequent experience they found among them, Hot Baths began to be disused towards *Galen*'s time; and *Lampridius* tells us, That *Alexander Severus* rarely bathed in Hot Baths, but almost always in a *Piscina*. The same Author gives an Account of *Heliogabalus*, who used to Colour his *Piscinæ* with Saffron and precious Ointment before he used them. All the barbarous Nations at present, such as the *Samoeids* about *Tartary*, harden their new-born Infants, either in Snow or Water. And in the *West-Indies* they not only wash their Children, but Mothers also, immediately after their Children are born. *See* Purchas.

I cannot better advise you any Method for preservation of Health, than the Cold Regimen, to Immerse all your Children in Baptism, to wash them often afterwards 'till Three Quarters old, whereby the Rickets and Convulsions will be prevented; to use Children to Cold Air, Water-drinking, to wear few Cloaths, which if many, con-

fumes the Flesh, and renders all Children subject to Rheums, to use them when Boys to Bathing in Rivers, and when Men to Cold Baths, to harden their Skins against the Changes of Weather, and to increase their Appetite and Digestion, and Strength of the Limbs, to expel the Serum by Urine and Sweat: It loosens the Belly in some Persons. The Preservation of Health, Cleanliness, and pleasant Refreshment after Cold Baths, are sufficient to recommend the use of them.

What I have writ on this Subject, was at first designed for my own Information, and now I have published it for the Instruction of others, and to give all my Countrymen notice of the Conveniences I have made at *Litchfield* for Cold Bathing; and I doubt not, but a full Experience of that Practice will assure you, my Honoured Country-Men, that what I have here proposed, will be safe and useful, and necessary, both for the Preservation of your Health, and curing all the Diseases mentioned, which is the hearty Wish of,

*My Honoured Benefactors,*

*Your very Humble Servant,*

*Litchfield* March 25. 1701.

JOHN FLOYER.

*To the Ingenious and Learned Phyſician, Dr. Baynard.*

*Sir,*

I Think my ſelf, as well as all others of our Profeſſion, much obliged to you, for your great Induſtry, in promoting the Uſe of *Cold Bathing*, and your kind Communication of ſuch Caſes as have received benefit by it, which are ſufficient and convincing Evidence that *Cold Baths* are both Safe and Uſeful. I think my ſelf farther obliged to give you a particular Account of my ſucceſs in curing the Patient you recommended from *Repton* to our *Litchfield Cold Bath*. I will firſt give a particular Account of the Caſe, becauſe you did not ſee her, but were only conſulted by her Friends. I obſerved, That Mrs. *Piſer* of *Repton* in *Derbyſhire*, was very much ſwelled in all her Joints by a *Rheumatiſm*, which had laſted four Years; the Joints of her Elbows, Wriſts, Knees, Ankles, appeared very big and knotted, and ſo ſore, that ſhe could not ſuffer any motion of them; the Fingers were contracted cloſe, ſo that ſhe could not move them, nor any other of her Limbs; her hands and Arms where diſtorted into a ſtrange figure by the Contraction of the Sinews; all the reſt of her Body was very

Lean, and she had a short Cough, which gave me a suspicion of a Consumption.

When I had viewed the Patient, I was much discouraged by the difficulty of the Case, and believed you had sent me a Patient to discredit my *Bath*; but my success in this Case has much credited it.

I began with her, by letting her Blood, and by Purging her once, for her Strength could not bear any more: This I did by way of Preparation for the Bathing afterwards. She was dipt in the Chair three times at each Bathing, and she bathed nine times in the whole; the wet cold Weather caused us to leave it off, though she found a great Refreshment always after it. Because of the Tumors and Pains, I put her to Bed after her Bathing, and she Sweat plentifully after it, by the help of warm Ale and Spirit of *Harts-horn*; once or twice she did not Sweat, and found her self not so well relieved as by Sweating; by the use of the *Bath* and *Sweating*, her Pains and Swellings did presently remit, and after a while went quite away, and she began to use her Arms and her Feet, which she had not done of three Quarters of a Year before; she eat her Meat better, grew in Flesh, and the dry Cough abated: As soon as I found the Pains were abated, I prescribed her some Steel and Antiscorbuticks, and Oyntments for

for the contracted Sinews, by which she received some benefit, and she continues very well in all parts but in one Leg, where the Sinews under her Knee are not yet come to a full length. Not only by this Case, but by others I have tried, I find *Cold Baths* relieve the *Rheumatick-pains* by driving the Humours stagnating in the Limbs into the circulating Vessels again, and that by Sweating afterwards they are readily evacuated; therefore I find that Sweating is necessary in *Bathing* for *Rheumatisms*. And I also observe, that Evacuations and Alteratives, and Oyntments, are necessary as such, as the Disease indicates, besides the Bathing, and therefore I believe *Cold Bathing* can never be made a Quack Medicine, to be prescribed alone, nor to be used for all Diseases; but according to Physical Indications in company with other Medicines, and then they will perform very great Cures. I must give you a little farther of my Experience in Hypochondriack Cases, wherein I have done much good, but I always intermixt Alteratives and such Evacuations as the Disease required: I vomited and bled them by way of Preparation, and gave them the Steel-Waters every Day they Bathed, and after all a Steel Course, and they always felt great Relief, and a chearful Spirit after Bathing, and slept well; but I

observed, that their Convulsive Pains cannot be relieved till after two or three Years use of *Cold Baths*, and Sweating after Bathing is not necessary in these Cases.

I have met with a Case in the *Hydrophobia* where the Man bit died after his return from Bathing in the Sea, which I mention to shew you, that the giving the *Decoct. ad morsum Canis* is necessary, as well as the *Sea-Bath*; and for want of Alteratives joined with the *Cold Bath*, that useful Practice will suffer in its due Reputation; And this Practice the Case of *Hippocrates*, I have quoted, will justify, who for *Hypochondriacks* used other Medicines as well as *Cold Baths*.

There is a particular Circumstance must be well observed; for where we design Sweating, we must not keep the Patients long in the Water, but only dip them thrice, and immediately take them out again, that their Natural heat may quickly return, and raise a Sweat to discuss Tumours and Pains; but in *Hypochondriack* Cases, there the heat is great, and Spirits furious, and in these we must continue our Patient in longer, and repeat it oftner. And to prove this, I will give you an Instance out of *Helmont*, who tells us, that a *Maniack* was cured by leaping into a Pond, and continuing there till he was half drowned; and he farther

says,

ſays, That by the ſame Method he had great ſucceſs in curing *Mania's*: *Niſi quoties formidine præcociter amentes ex aqua exirent.* And he obſerved, That Common Water as well as the Salt Water, ſuffocated the mad Ideas.

'Tis difficult to determine how long each Diſeaſe requires *Cold Bathing*, this muſt be learnt by Experience. I will give you an Account of what was practiſed this Year by a Perſon of Quality, from whoſe Letter I have tranſcribed it about the *Rickets*. *My Boy was at the* Cold Bath *about three Weeks, and was dipt twenty eight times, that is, firſt nine times, and then reſted ſome Days; and he was oft dipt twice in a Day, Morning and Afternoon, and after each time he was put to Bed, and Sweat but very moderately (he being a weak Child) but others, who are ſtronger Sweat more, and after the Reſt mentioned, they dip him three times more, and ſo a third time. The way of Dipping was thus, a Woman plunges the Child over Head and Ears, and then ſets them on their Feet in Water, and rubs them all over, eſpecially their Limbs, Back, and Belly; they plunge and rub them thrice, and that is called one Dipping; they muſt not be above three Minutes in doing this. If the Children do not Sweat, they put their Maids to Bed to them.* Note, *That the Children Purge as long as they uſe the* Cold

Bathing;

Bathing; *but that ceases as soon as they leave it off.*

By this Letter we may observe, That a long Use of *Bathing* is necessary for curing the *Rickets*, which was the Child's Disease, and that the *Serum* which oppresses and fills the *Nerves*, was evacuated by Stools and Sweat; but I am of Opinion, that some Evacuations before, and Alteratives after, would very much promote the Cure. As to the preventing the *Gout* and *Asthma's*, and other Chronical Cases, there must be Water-Drinking and due Evacuations by Vomits and Bleeding, joined with a long Use of *Cold Baths*, such as *Caelius Aurelianus* calls *Consuetudo frigidi lavacri*, or else no Cure will be performed by them, but the Chronical Diseases will return upon any *Effervescence* of Humours. I have this Year had good success in helping an *Asthmatick* by Vomiting, Drinking Steel-Waters, and Bathing at *Buxton*, and using Water for constant Drink; this Method has kept him well many Months, when no other could stop his Fits. As to any injury by *Cold Baths*, I never yet met with any where they have been used according to Physical Indications, and after due Preparations, so that I cannot but believe they will in time prevail against the Prejudices of all People. All the young

Pra-

Practisers will out of Curiosity try them, to which they will be well disposed by what they have Read concerning *Religious Washing* in *Homer*, &c. (such as *Penelope*'s washing before her Prayers, and *Telemachus*'s Washing his Head;) and as to the Medicinal Ablution, they will find enough of it in all the *Greek* and *Latin* Authors they have read; so that every Physician will in the next Age, be a *Psuchrolousist*. We are much obliged to a late Ingenious Author, Dr. *Mead*, who in his Mechanical Treatise of Poysons truly asserts, That *Melancholy*, as well as *Hydrophobia* and *Manias*, were formerly cured by *Cold Baths*, which by their *Cold* and *Gravity* produce their Effects as a *Diuretick*: And he gives Quotations from *Helmont*, *Tulpius*, and *Appius*, to prove the Usefulness of *Cold Baths* in the Cases mentioned.

We shall wholly gain all the Experienc'd Chirurgeons, who can relate many Cures they have done by stopping *Hemorrhagies*, healing fresh *Wounds*, Varicous *Tumours*, &c. by their Application of *Cold Water*. And I was inform'd by an Experienced Chirurgeon, that he had a Scirrophulous Tumour on his Foot, cured by holding it under the fall of a Spring for many Mornings.

You

You may obſerve in *Celſus*, That the *Romans* held their Heads under the Spouts of their Springs. And we may obſerve in *Celius Aurelianus*, the *Iliſſio aquarum*; and in *Hippocrates*, the Affuſions of Water, all which anſwer to our Pumping; and this is one of the *deſiderata* in *Cold Bathing*, and it ought firſt to be tried on our *Maniacks*. That I may farther convince all my Country-men that *Immerſion* in *Baptiſm* was very lately left off in *England*, I will aſſure them, that there are yet Perſons living who were ſo *Immerſed*; for I was inform'd by Mr. *Beriſford*, Miniſter of *Stretton* in *Derbyſhire*, that his Parents *Immerſed* not only him, but the reſt of his Family at his *Baptiſm*. He is now about 66 Years old. So that he is a full Evidence, that the *Baptiſmal Immerſion* began not before the laſt Century to be diſuſed, and 'tis probable that it continued longer in Uſe in the *Northern* Parts, where there is leſs Effeminacy and longer Lives, than in the *Southern* Parts of this Kingdom, and to a more cool management of their Children thoſe good Effects may be juſtly attributed. I ſhall add no more on this Subject, for they who will not be convinced by the Experience of former Ages, nor thoſe Modern Caſes you have communicated, muſt be left to their own Opinions, and

you and I must be contented, that we and other Physicians have endeavoured to restore a very Ancient and Useful Practice in Physick. I shall ever be.

*SIR,*

*Your much obliged Friend,*

*and humble Servant,*

*Litchfield, September. 28. 1702.*

JOHN FLOYER.

&c.

# Of Cold Baths.

## PART II.

## *A Letter from Dr.* Baynard *in* London, *to Sir* John Floyer, *Kt. in* Litchfield, *concerning* Cold Immersions, *&c.*

*Honoured Sir,*

UPON the Discourse I had last with you, upon your design of writing a small *Tract* on that Noble Subject of *Cold Immersion*, a Practice so old in the World almost forgotten, as if it had been dead and buried thro' extream *Age* and *Superannuation*; According to my Promise, I now present you with some few Lines touching some wonderful and most remarkable *Cures* done by (the amazing Effects of) *Cold Water*, such only as have fallen under my own *Eye* and Observation. And I hope I shall be so just

both

both to my *Self* and the *World*, as to relate nothing but what is positively true in *Fact*; and especially those which I have recorded; tho' in some others perhaps that depend on my Memory, and were transacted long since, probably some circumstance may be forgotten or omitted; but in the main, to the best of my recollection, I give you the whole of what I can remember. I always (I thank God) lookt upon it as most impious, and one of the worst of wickednesses (in serious things) to impose upon the Living, but much more to *Buntar*, and hand down a Falshood to Posterity. A Fault (I doubt) too many of our Physick Observators have been too guilty of, as that ridiculous Story of *Phillipus Salmonthus*, in his Chapter *de Partu per Os*; and that of *Cardan's*, quoted by *Hen. Ab. Heers*, whose Words are these, *viz.*

*Quantam communionem habeant genitalia, partesque ipsis vicinæ cum Capite, adseverat, quod siquis canitie deformis unica tantum nocte illinat scrotum vicinasque partes succo ex radice juglandis viridis expresso, Canitie deposita nigerrimo colore Capitis Pilos inficiet, totum annum duraturo,* &c.

Such unnatural Amusings, and most improbable Stories, makes any serious Discourse ridiculous, and makes many true ones suspected, for even the most *Credulous*, when find

find themſelves impos'd on, and deceived, reject every thing of the leaſt Difficulty, and doubt even known Truths, that does not eaſily ſlide into their weak Apprehenſions, &c. for Men ought to be very juſt in what they publiſh and aſſert, in that tender and nice Concern of *Life*; for all things in reference thereunto ought to be conſider'd well, and treated with the greateſt *Caution*; for there lies no Writ of *Error* in the *Grave*, but the ſick Man is finally concluded by the Knowledge or Ignorance of his *Phyſician*. But where Knavery and Neglect help to compound the *Doctor*, there, I ſay, the Patient is in a deplorable Condition, more from his Director than his Diſeaſe; and too often in *Acute* Caſes, where *Life* and *Death* perches upon the ſame *Beam*, the leaſt Grain or Error of Neglect may turn the *Scale*, and irretrivably deſtroy that *Life* which on the other hand, a lucky thought might have ſaved. And I think it a Duty indiſpenſably incumbent upon the Phyſician, that where he thinks he has not taken a right *Scheme* of the Caſe, nor had a true inſight into the *Diſeaſe*, or has the leaſt doubt upon him; there, I ſay, both in Honour and Conſcience, he is bound to call in ſome other to his *Aſſiſtance*, which is ſo far from being a *Diſgrace*, that his Care will be (among wiſe Men) eſteem'd as the Product of his Honeſty:

neſty: and howſoever Providence ſhould diſpoſe of his *Patient*, yet by this faithful diſcharge of his Duty, he enjoys the Conforts of a calm *Breaſt*, and ſleeps with a quiet *Mind*.

When on the other hand, the forward, bold, poſitive *Corinthian thruſter on*, ſwoln with the Poyſon of his own Opinion, as if he were the *Achme*, and top Branch of his Profeſſion, right or wrong, goes on; but for want of Aim or a ſteady Hand, hits the wrong Mark, and kills the Patient inſtead of the Diſeaſe; which no more troubles him, than if he had fir'd at a Flock of *Geeſe*.

And here I am apt to think, that the Invention of *Compounds* was from not knowing the Virtues of *Simples*, ſuppoſing it like ſhooting at a Bird with ſmall Shot; put into a Gun Pellets enough, and one or other muſt hit. But true Knowledge of a Medicine, is like the *Horſe-ſhoe* ſtuck at a Man's Girdle, (whoſe Life was ſaved by it;) quoth he, *I ſee a little Armour will ſerve the turn, if it be put in the right place*, &c. But Diſcourſes of this Nature are needleſs (*Sir*) to a Perſon of your great Circumſpection, where Care and Vigilancy attend in ſuch Perfection, that I well know the leaſt miſtake can no more eſcape your Pen, than it has done your Practice; for in what you have already writ, your Caution is re-

markably ſeen. And I know alſo your great Reading and Learning to be ſuch, that very few, if any remarkable Paſſages among the many Volumes of the Ancient *Greek* and *Latin* Writers, ſlip your Obſervation; eſpecially being ſo near a Neighbour to that Magazine of Learning, the Library of the Learned Dr. *Fowke*, a Gentleman who is not only an Honour to our Faculty, but a poliſh'd Scholar, and bright in all other manner of Learning.

I cannot join with *Agathinus*, in his wonderful Encomiums of Cold Bathing, as he is quoted by *Oribaſius*, Phyſician to *Julian* the (Apoſtate) Emperor, wherein he inſtances the frequent uſe of it in himſelf, and recommends it to the World, as a moſt wholeſome and ſalubrious Practice, and ſeems to have but a low and languid Opinion of the Uſe of *Hot Baths*. For with due Reſpect to ſo great a Man (as doubtleſs he was in his Generation) I muſt take leave to diſſent from him, and by way of Digreſſion tell you, that I have at leaſt, for the ſpace of 36 Years, (one Summer or two excepted) conſtantly viſited the *Hot Baths* at *Bath*, in *Somerſetſhire*, as a Phyſician, and have ſeen wonderful and moſt deplorable Caſes there cured, and ſome in a very little time, where Care and Caution has been obſerved in the uſe of them; and

and eſpecially in the *Weſt-India Gripes* and *Colicks*, where a Paralyſis has been general with a total loſs of their Limbs; and others with Arms, Hands, Legs, and Feet, ſtrangely contracted; yet the Bath has cured both the *Solutions* and *Contractions*, which being contrary Operations, is paſt my Philoſophy to find out how ſuch Cures are wrought; without, as *Helmont* ſays, it be by comforting the *Archeus* with mild and gentile warmth; for 'tis a friendly Fomentation, a natural *Sal volatile oleoſum*, a Cordial to the faint and languid Spirits, and puts them in a Power to act more vigorouſly.

Indeed when Men will bathe that are of Plethortick Habits, and Sanguine Conſtituions, with a Cargo of Wine and good Chear in their Bellies, without emptying, or any medical Preparation, or that overheat the Blood and other Fluids, beyond their natural Standard of Calefaction, by ſwimming and exerciſing too much in them, or ſtaying too long on the *Hot Springs*, &c. there, I ſay, ſometimes the conſequences have been ill. But then I hope he muſt allow, that the Fault is not in the *Bath*, but in the irregular Bathing. And what great Cures have been, and are daily done by drinking the *Bath-Water* hot from the *Pump*, *Res ipſa loquitur*; for the Cures would ſpeak themſelves, were Men mute:

for the Fame of thoſe Streams have not only run all the Kingdom over, but even beyond Sea too. Witneſs the prodigious quantities are ſent daily away both to *Scotland*, *Ireland*, and many other Parts; altho' they they are of much more Efficacy drank hot at the place, than ſent abroad, as clearly appears by the Volatile-vitriolick *Gas* ſeen in them by the trial by *Gauls*, *Oak-Leaves*, *Thea*, *Biſtort*, or any *Auſtere Alkaly*, which Volatile Vitriol flies off as it cools: and although you warm the Waters again to the juſt heat of the *Bath*, yet 'tis never to be ſeen more. The chief and cardinal Ingredients that impregnate theſe Waters, are *Sulphur*, *Iron*, and *Nitre*, mixt with a *Sal ſui generis*, in a ſmall quantity; the *Sulphur* bearing more than a double proportion to all the reſt, ſo that it has been many times obſerved, that in a great Drought, and the Wind at or about the Point of *North-Eaſt*, the *Baths* have not only been ſenſibly *Hotter*, but the Water ſomewhat acidulated and abounding with a *Volatile Gas*, not much unlike the grateful acid of the *German Spaw Water*. I thought that I had been the firſt that diſcovered this, but talking with an *Old Guide*, he told me, that he had obſerved it a hundred times, when in bright ſerene Weather, the Wind blew freſh from ſome *Northerly Points*; and then

I have obſerved them ſtrangely to enliven and brisk the *Spirits*; and find that the beſt Cures are performed by ſmall quantities, regular living and drinking them a great while; and ſo uſed, in decayed *Stomachs* and ſcorbutick *Atrophys*, and moſt Diſeaſes of the Liver and Spleen, I hardly ever knew them fail: And here I muſt ſubjoin two moſt wonderful Cures done this laſt Summer, the one a Lady of Quality, Madam *B*, who lay at Mrs. *Cranfield*'s Houſe near the Market Place; her caſe was ſo deplorable, thro' a weak and decay'd Stomach, of a long ſtanding, that ſhe loathed every thing ſhe either ſmelt or ſaw, and ſo weak and feeble ſhe could ſcarcely ſtand; ſhe vomited up every thing ſhe took, whether Liquids or Solids, and Melancholy to a ſtrange degree, and emaciated to Skin and Bone; ſhe took little or no Reſt, her Pulſe hardly perceptible, her Eyes ſunk, often Ructations and ſometimes Colick Pains, accompained with Splenetick and Hyſterick Fits, and generally clammy cold Sweats on her Head, Face, Arms, and Hands; inſomuch that ſhe, and all her Servants thought ſhe could not live a Week. Being ſent for to her, and finding her ſo extreamly weak, and under ſuch a general diſorder of the whole frame, I conſider'd that this was my Lady *Loyd*'s Caſe exactly, who when the

vital Flame was even blinking in the Socket, and the Soul (one Foot over the Threſhold) turning out of its tatter'd and debay'd Tenement, by the cautious uſe of the *Bath-Waters* and Bitters, had a new Life put to Leaſe, who to this Day enjoys an uninterrupted ſtate of Health. This Lady was ſo very weak, that at firſt we gave her but two or three Spoonfuls of the *Bath Water*, and about half an Hour after one Spoonful of a bitter Infuſion; and here by the way, Note, That *wild Sage*, *white Hour-hound*, and Hopps, are the only Bitters that will agree with theſe Waters, and makes them paſs, ſo that they are in the wrong Box, that direct only Wine, or Wine and Water to be drank at Meat by Water-drinkers, when a well brew'd middle ſort of clear *Small Beer* moderately Hop'd, ſhall ſit eaſy upon their Stomachs, and make the Waters paſs much better, for *Hops*, is both Diuretick and Antiſcorbutick, helps Digeſtion, kills Worms, and may be accounted as good an *Antilithiaſis*, as the beſt, tho' the fooliſh Vogue upon its firſt uſe, here in *England*, ran Counter to its true Phyſical Vertues, by branding it with breeding the Stone, *&c.* but Experience has long ſince convinced the World of that Error; whilſt *Wine* contracts and hardens the Glands, and hinders Secretion,

*&c.*

*&c.* this truth any Man may try upon himſelf, let him obſerve one and the ſame Regimen in his Exerciſe, Eſculents and Potulents, ſome little time before, that an hour after his uſual quantity of Bath Waters, let him take half a pint or a pint of Wine, of what ſort he pleaſes, and the next Day at the ſame time after his Waters, let him take the ſame quantity of a well brew'd, hop'd Malt Liquor, that is not too ſtrong, New and Yeſty, nor Stale or Sower; I'll hold two to one, that the well Hop'd Malt Man, ſhall piſs ſooner and more in quantity than the Vintner, and *etiam hoc centies probavi, & nunquam fefellit Experimentum*; not that I forbid a Glaſs of good Wine at Dinner, eſpecially to thoſe who are us'd to it, but I write this to let them ſee how falſe is the cry of this late Litter of Phyſick-Whelps, that hunt and run down Malt Liquors, without any reaſoning or aſſerting why. But to the Caſe, an Hour after that a little more *Bath Waters*, then Bitters again, and ſo by degrees, from leſs to more, I brought her to bear half a Pint of the Waters hot from the Pump, which ſtay'd without loathing or vomiting; then ſhe began to be better reconcil'd to the Sight and Smell of Meats, and to take a little Chicken Broth, *&c.* and in a Day or two more ſhe could bear a Pint taken at 2 or three

Draughts, and then began to eat ſolid Meats, and in the ſpace of nine or ten Weeks recovered her Health to admiration, inſomuch that when ſhe went into the Church, or to walk in the Grove, when ſhe came out of her Chair, ſhe was pointed at, ſaying, *there ſhe is! that's ſhe! that's the Lady that was ſo weak*, &c. *digito monſtrare & dicier hec eſt.* So that the true Reaſon why ſome miſs of a Cure, is either becauſe they drink too much in quantity, or take (too ſoon) Cordial Waters, or Wine after them, or eat before they have paſs'd off; for the Stomach ſhould have time to dry, and the Fibres to contract and cloſe, *&c.* and never to eat without Appetite, and then but two thirds of a Meal. I know, now living, a certain Knight, who is full, if not above, a hundred Years old, who is as agil, as healthful, walks upright, can ſit, riſe up, or ſtoop, with as much eaſe as any Man of forty Years; can walk as much, and as long as moſt Men, who told me that he attributed his great Health and Vigour to his Temperance in eating; for he ſolemnly declared, That he never filled his Belly to ſatiety in his Life; and tho' he can drink a glaſs of Wine, Ale, or Cyder, yet in the main, he is as temperate in his Drinking alſo, as in his Eating; and that when at his Retirement in the Coun-

Country, he told me, he drank little elſe but Water for 2 or 3 Months together. But now as to the other Ladies Caſe I mention'd, ſhe was brought to the Bath *in Extremis*, with all the frightful Symptoms of Death upon her, viſible in the ghaſtly look of her Face, accompany'd with *Deſpondency*, *Sighing*, *Swooning*, *Singultus and Convulſions*, with an univerſal *Atrophy*, yet by due Care, and the powerful Vertues of the warm *Bath Waters*, by ſlow and gentle Steps, by gradual Acceſſions, in the ſpace of ſix Weeks ſhe acquir'd ſuch a Stomach, ſuch a Conſtitution, that ſhe Danc'd in the Town-Hall; nor did ſhe receive her Cure from drinking only, but was comforted and refreſh'd with the mild and gentle warmth of the Croſs Bath; for bathing in many Caſes is of wonderful uſe, as in *Colicks*, *Gripes*, Scorbutick *Atrophies*, *Cramps*, and all ſtiffneſs of the *Joints* and *Limbs*; ſo that there are few Caſes but where moderate Bathing may be join'd to Drinking, to finiſh and compleat a Cure, ſaving in ſome Diſeaſes of the *Head*, and all *Hectricks* and unnatural *Heats*, *Ferments* and *Ebullitions* of the Blood, all which muſt be left to the Judgment of the directing Phyſician, if the Patient has the good luck to eſcape the hard fate of poor Mr. *Cope*, the Lottery-Man, and light on a Phyſician that can diſtinguiſh

between a *Kettle-Drum* and a *Cart-Wheel.* But to ſwill and drink great quantities, Fumes flie into their *Heads*, their weight extends the fibrous Membranes too much, waſhes off the *Mucus* of the *Guts*, and ſome times from the *Bladder* too, and gives an *Ardor urinæ* for a little time: But generally this happens to thoſe that drink as much Wine in the Afternoon, as they do Water in the Morning; and when the *Strainers* are relax'd by the ſoftneſs of the Waters, and the obſtructed Glands of the *Meſentery* opened and relieved, Quantities of Wine muſt do much Miſchief, when in the Blood there is an Union of ſo much *Salt* and *Tartar*; ſo that the beſt Method and Medicine too, may be abuſed by *over* or *under doing it.*

I remember when I lived at *Preſton* in *Lancaſhire*, a Man died with a *Cheeſe* in his Belly, by drinking new *Milk* upon Sowre *Stale Beer*, which ſo frightned People from the uſe of Milk, that all forſook it, but the wiſer *Calves.* And here a word of Admonition may not be amiſs: I have known a great many that have deſtroy'd themſelves, and ſome very ſuddenly, by drinking Milk too ſoon, upon any ſharp acid Liquors, as *Wine*, *Cyder*, *Stale Beer*, &c. when thoſe Liquors have been drank ſafely after Milk, tho' I ſhould not care to drink ſharp Liquors

too

too ſoon upon Milk, for fear of Curdling, not truſting too much to the *Dutch* Proverb,

*Wine up Millock, is good for Elock,*
*But Millock up Vine, it is Venine.*

Tho' Milk curdles upon all Stomachs whatever, even upon the youngeſt Animals, but it is a ſoft Curd and looſe, when Acids make it hard, ſtiff, and compact, for if Milk did not Curdle, it could not Nouriſh, for 'tis to be ſuppos'd, that ſo groſs a Subſtance as Curds are, could never enter thoſe ſtreight, cloſe and inviſible paſſages into the Blood, *&c.* Two of my Acquaintance died alſo of a Surfeit of *Salmon*, eaten under-boil'd, after which Accident ſome would never more touch *Salmon*, &c. ſo that no particular Caſe or Accident ought to ſhake or undermine a known and receiv'd *Good.* How many Men have died ſuddenly in the Street of *Apoplexies*, &c? Now had any of theſe unhappy Wretches been (at that inſtant) put into either *Hot* or *Cold Baths*, not only the *Mob*, but even the Grave and more Learned Noddys of the Noddility (would all be *Coroners*, and) have laid the Murther at that Door. A grave Nod, and a graceful Grimace, with a charge of Noſe Gun-Powder, Snuff 'twixt Finger and Thumb, or a Spit after his Pipe, are

Signs

Signs of diſapproving, and are home Thruſts to the New Invention; but if the Character of Whim or Gimcrack be labell'd unto it, 'tis for ever damn'd. Such is the force of one *Knave* on a Crowd of *Fools*, as is daily ſeen in moſt of the Tranſactions of the World. One cries up *Crabs* and *Lobſters*, as if Health came from Sea in Armour; t'other *Oranges* and *Lemons*. Dr. *Alkaly* ſays, Vinegar and Pepper is bad with Roaſt *Beef*: And Dr. *Acid*, that a Pearl Necklace ſwells the Glands of the *Throat*, and will breed *Quinſeys* or the *King's Evil*. One asks his Patients, Can ye eat *Oyſters*? And t'other, Can ye drink *Verjuice*? So that you ſee, that the *Land-Crabs* and *Sea-Crabs* can never agree. All theſe fooliſh Extreams are of ill Conſequence and of pernicious Tendency to the Commonwealth of *Health*; for to be wedded to an Opinion is true Madneſs, unleſs warranted by infallible Demonſtration. *Phyſick Biggotry* is worſe than that of *Popery*, and does more miſchief to *Bodies*, than that to *Souls*; for God may have Mercy on an Error in his *Worſhip*, but a miſapplied *Medicine* can have none, but muſt on and act according to its *Nature*, whatever be the Conſequence. And yet, notwithſtanding we daily ſee the ill Effects of ſome *Medicines*, and little or no virtue in *others*, yet we preſcribe on, and will not take

take Pains to Examine, but take things on *Truſt* and *Tick*. Credulity is Harbinger to Infallibillity, and clears the way for *Error* to amble on, and intails miſtakes to the end of the Chapter. How many hundred Years has *Arſenick* been miſtook for *Cinamon*, and worn for it as on Amulet againſt the *Plague*, by the miſtake of an *Arabick* word *Armek or Arſenick*, (as I am told) ſignifies a *Genus Cinnamoni*, and ſounding near Arſenick as an Amelet to prevent it, which error had done much Miſchief, and was diſcover'd firſt by *Diemerbroek*, ſee his Book *de Peſte*, &c. And nothing is harder than to untrivet a wrong Notion. Things received take root, and not eaſily yield to *Extirpation*. How many Men has intempeſtive and over-bliſtering deſtroy'd, (eſpecially upon a Criſis) in altering the Faces of all the *Juices* of the Body, diſturbing the genuine Secretions, by mixing the venomous and corroſive Effluvium's of the *Cantharides* with the Blood, accuating the *Pulſe*, beſides bringing *Stranguries*, and other miſchiefs on the *Bladder*, inſomuch that I believe the Devil himſelf old *Belzebub* to be nothing but a great *Cantharid* the Prince of *Flys*, they act ſo according to his Nature, to plague Mankind where-e'er they they are applied. I knew an old Romaniſt in lieu of other corrections, would bliſter himſelf

ſelf for his Sins, and call'd it his *Balſamum Pontificum*, &c. And here I cannot omit a Story of an Apothecary's Man, in *Fleet-ſtreet*, whoſe Maſter died in a few Days Sickneſs of a *Fever*, which his Doctors quickly made malignant. *Quoth he*, I wonder that my Maſter ſhould die ſo ſoon, for he had a dozen *Bliſters* on, and they all drew very ſtrong: That is true, *quoth one ſtanding by*, thou art in the right on't, for in four Days time (together with the help of a Teem of Doctors) he was drawn out of his Bed into the Vault over the way there, pointing at St. *Dunſtan*'s Church. I am apt to think that from this Bliſtering Doctrine came the Proverb, *Humano corio ludere*; not but that Bliſtering is good in ſome Caſes, but there is meaſure in doing it, as well as Judgment, when and where it is to be done. And violent Sweating Medicines have not been much ſhort of as much miſchief: How have they broke the *Globuli* of the Blood, diſordering all the Fluids, by puting all the Juices upon a *Fluor* and *Fret*, ſo forcing the morbid Matter out of the Channels into the *Habit*, *Nerves*, &c. introducing *Tremors*, *Deliriums*, *Subſultus tendinum* and *Convulſions*, and all the diſmal Train of the *Grave*'s Artillery, the Enſigns of approaching *Death*, which by a mild and tender Uſage, attending

ing and assisting the Efforts of *Nature*, might have been separated from the Mass, and carried off by Stool or Urine.

How many (even in the Agony of Death) have been cram'd with *Bark* and *Bolus*, and sent hence with the last repeated *Dose* undigested on their Stomachs?

How many thousands has Dr. *Morpheus* lock't up in his leaden Coffin, by needless, intempestive and wrong apply'd *Peragoricks*, *&c.* hung their *Herse* with Garlands of *Night-Shade*, and sung Requiem's to their Souls in Wreaths of Poppy! when their drousie Prescriptions have prov'd their Credentials, or a Warrant to nap on, till the day of *Judgment*.

But where a Physician gallops over his Patients, and rides Post to be Rich, there his haste is too great for small Observations, and the Sick-man lost through Precipitation. But this is no detriment to the Doctor, for while they Die, others Spring up; and whilst there is Intemperance in the World, there will be Diseases. And where he by *Policy* or *Party* has gain'd his Point, and set up his Standard in the Opinion of *Fools*, where his Spaniels range through a City to Spring his *Game*, and *Tray* is rewarded with the Offals of the Quarry, there the Physick-*Hawk* flies only at *Gold*, the welfare of his Patient is but the *Side-board* of his

his Buſineſs, and *Collaterals* of his Care. But this *Galloper* is a Saint to the *Sharer*; thoſe that go Snips with their *Apothecaries*, are Villains of the firſt Magnitude; here the Patient is in a pretty Pickle being ſure to be dous'd according to the depth of his own *Purſe*, or his Doctor's *Conſcience*; and this I call both *Felony* and *Murder*, for the Man is firſt *Rob'd*, and then *Kill'd*: theſe *Pulſe-Pads*, theſe Bedſide *Banditti* are the worſt of *Robbers*; for either through *Ignorance* or *Avarice*, they never give Quarter, but fire at you the *Pulvis greſſus*, or a *quid inſipidum*, a White Powder which makes no Noiſe. But theſe things only paſs upon *weak Minds*, People of ſuperficial, little or no Thought, at leaſt of ſuch ſhallow thinking, that the ſhort Legs of a *Louſe* might wade their Underſtandings, or elſe they could never be *Gull'd*, and led by the Dading-ſtrings, but by People of as little depth as themſelves; for there is an unaccountable Sympathy between *Fools*, and where e'er they come, tho' in a *Crowd*, or other Company, they always find one another firſt; their diſtant *Effluvium*'s, which makes the Sphere of Activity, won't mix with thoſe of a wiſe Man's, but like *Exchequer Tallies*, will only fit their own Sticks.

Yet the *Fool* does leſs harm than the *Knave*, Dr. *Wax* that takes any Impreſſion,

or

or ſtamps it on another, that always ſays as the *Dame* and *Nurſe* ſays, and becomes all things to all *Men*, that he may gain ſome (Mony); This Phyſick-Faber touches you tenderly with the *ſmooth File*, and fills his Pockets from his own Forge! This chucks the Church under the *Chin*, and ſpits in his Hand, ſtrokes up the Diſſenters *Forehead*, &c. In ſhort, he is like *Hudibras*'s *Dagger*, good for every thing, and ſticks at nothing to grow Rich.

The next is your *Noſtrum-monger* Dr. *Stew-Toad*, one that ſets up for *Miracle* and *Miſtery*, and always makes *Honey* of a *Dogs Turd*; this Martyrs more *Toads* than Popery has *Hereticks*, and crams his Patients with *Bufo* inſtead of *Beef*; (for a Toad is as innocent as a Fiſh) tho' the *Pulvis Æthiopicus*, as they call it, has no more Virtue in it, than the Powder of *Pickled-Herring*: and yet theſe *Sir Poſitives* will be no more ſtirred than a *Mill-ſtone*; and in Conſultation they are always moved with a *Lever*, they are too heavy and unweildy to be drawn from their own Opinions.

I once heard of a whimſical Fellow that ſo doted on *Buff*, that they called him *Captain Buff*, for nothing could pleaſe him but *Buff*, Buff-Shirt, Band, Beaver, Boots, *&c.* all *Buff*, and dwelt in a Buff-Budget, like *Diogenes* in his *Tub*, and would eat nothing

but *Tripe*, becauſe it lookt like Buff; and I doubt we have too many of theſe Buff *Captains* in the now *Proſtitute* and degenerate Profeſſion of *Phyſick*.

But to cure this Evil, is *hic Labor hoc Opus*, ſo to leave them in the Poſſeſſion of *themſelves*, under the *Influence* of their own *Underſtandings* is *Curſe* enough; for where the *Grace* of God can have no admittance, all Admonitions are ſpilt and thrown away; for *Stupidity* is Proof againſt *Satyr* as well as *Wiſdom*. And ſo to the buſineſs of *Cold Water*.

Among many that have commended *Cold Water*, I find *Hermanus Vander Heyden* cries it up to the Skies: uſed both inwardly and extreamly in *Stone* and *Gouts*, he wonderfully commends it, and in many other Caſes, in Pains of the *Stomach* and *Joints*; his his Words are, *viz. Neque hic omiſſum velim quod ſicuti frigida una atque altera hora ante cœnam aſſumpta doloribus articularibus medetur; Ita etiam quandoque quibuſdam ſtomachi doloribus ejuſque frigdæ cyathus immediate poſt prandium evacuatus, ſoleat ſubvenire; imo Pomum crudum, acidum tamen, aut auſterum, cum cyatho etiam frigidæ, loco omnis cibi aut potus, tempere cœnæ oblatus, concionatoribus aliiſque recenti raucedine laborantibus, claram & naturalem poſtridie vocem ſæpiſſime reſtituit.*

And

And a Reverend Divine, Dr. *Wiat* by Name, Miniſter of *Bromham* in the County of *Wilts*, told me, That being very ill at his *Stomach* (and fearing a *Surfeit*) after eating *Salmon* not well boiled, he went immediately into *Cold Water*, and was preſently cured: And in this it is alſo commended by *Cornelius Celſus*, *Galen*, and others; and I my ſelf have often been relieved from Wind and Crudity by Swimming in Cold Rivers.

And Mr. Arch-Deacon *Clement* this preſent Miniſter of *Bath* told me, That when he was a Student at *Oxford*, eating too much fat Veniſon he found himſelf extremely ill, and fearing a Surfeit he went into the Water and ſwam up and down for the ſpace of near two Hours, and came forth very well, and continu'd ſo

The ſame Author of his own Knowledge affirms, and quotes *Piſo* and *Alexander Trallianus*, how that many have been cured of the *Stone* and *Gravel* in the Kidneys, by a long, but moderate uſe of Water drank warm or cold,——*Si & frigida vel tepida aſſumatur; non enim dubitem utramque convenire, imo & calidam, ſed frigidam maxime.* And why ſometimes they gave the Water warm, (*he ſays*) becauſe they ſuppoſed the Diſtemper to proceed from a cold Cauſe, ſo proceeded according to the Axi-

om, *Contraria contrariis, &c.* which is not always Orthodox, for very often *ſimilia ſimilibus ſanantur*, &c.

And I knew an old Phyſician that held the drinking a glaſs of warm River or Spring *Water* (that would *lather*) a little before Dinner, as a great Secret, both to prevent and cure the Stone. And I think I have read ſome ſuch thing in *Baglivi*, the now Pope's Phyſician.

He ſays alſo that it will cure a *Red-Face, & vitia omnia Cutanea*, which he worded ſo prettily, that I'll here repeat them to make you laugh, Sir *John*, viz. *Sic qui variegato faciei rubore, Naſoque Carbunculari, & apprime Poſtulato (quod plerumque a Bacchi aut Cereris decocti potentioris fuliginoſis vaporibus evenire ſolet) in medium prodeunt*, &c. And in an another place he ſays poſitively, that where through extremity of *Cold*, the *Hands* and *Feet* are benumbed, it fails not to cure. *Et quidem nulli præter rationem videri debet, ſi hic audacter aſſeram pedes ita ſæviente Hyeme contractos & congelatos, ut eorum digiti ad inſtar ſtipitis rigeſcentes appareant, in frigidam aliquoties renovatam mediæ ad minus horæ ſpatio immerſos ad priſtinum denuo ſtatum revocari, &c.* Again, *ſic frigidam Tetanum curare docet*, Hipp. lib. 3. Aph. 24. *Sic Paralyticum ejuſdem frigidæ Crure, Brachio, Humeroque reſolutis, con-*

*tinua*

*tinua & renovata applicatione duarum aut trium horarum ſpatio, integra & eadem die curatum fuiſſe a fide digno percepi, &c.* And in another place he tells you that *Contorſions and Contuſions*, tho' never ſo big and ſwell'd, are curable by *Cold Water*, &c. *in his Verbis. Multo minus abſonum videbitur, ſi hic affirmavero, quod Contorſiones junctur arum, earumque imo & aliarum quarumlibet corporis partium contuſiones cum ingentibus tumoribus ſimili in frigidam immerſione longe ſecurius quam per quævis alia Remedia, abſque ſumptu, ſive moleſtia & temporis jactura citius & certo citius curentur; ſic manus & maxime pedes, qui dictis contorſionibus & accidentibus frequentius obnoxii eſſe ſolent, ad priſtinum robur & firmum greſſum reduci poſſunt; imo etiamſi duabus aut tribus horis poſt dictos, & alios ſimiles fortuitos Caſus, ſedulo aliquoties renovando frigidam idipſum fiat, ut hiſce oculis non ſemel vidi, repellendo ſpatio unius horæ Humorem, qui ob prædictam moram plurimis nimis impactus videretur, ut repulſioni pareret; & ob contuſionem, & nimis ingentem protuberationem ſuppurandus aut tanquam ſanguis extravaſatus tractandus eſſe exiſtimaretur; ille tamen adhuc hærens in venulis capillaribus dilatatis, & cum carne elatis hac frigida (cum ea diſcuti nequeat) repelitur, quando non nimis ſero applicatur; quamquam etiam neglecta omni omnino cura, poſtridianam hanc*

*& æque longam applicationem, ubi tam immanis non erat protuberatio, integre profuiſſe mihi conſtet: quæ infortunia cum ſepiſſime accidant lignariis, ferrariis, & murariis fabris, & cujuſvis generis operariis, feliciſſimum & obviam illis hoc poterit eſſe remedium.*

And out of *Hippocrates* he inſtances abundance of Caſes, not only Immerſion for the *Gout*, but in moſt inveterate Pains of the *Head* alſo, *& rebellibus defluctionibus auxiliatur, &c.*

He gives you the Hiſtory of an *Engliſh* Noble-Man, one *Tobias Matthews*, who for twenty Years laboured under a moſt violent *Hemicranium, & diutiſſime abſque intermiſſione a defluxione pertinaci, in tanta copia per Palatum & nares manante, ut inde ſtrophyola ſua ſemper madide circumferre cogeretur, afflictus fuiſſet; tam feliciter dicta capitis immerſione anno ætatis ſuæ 60 ab utroque ſe incommodo liberavit, &c.* And he ſays, that the Gentleman lived to more than 70 Years of Age, and perfectly freed from any Relapſe, and that he continued the dipping his Head ever after, and that in the depth of Winter; and that he alſo adviſed another *Noble-man* in the ſame Caſe to the ſame Courſe; *Qui cum longum ſimili dolore exstarſicatus fuiſſet, hoc agendo modo, ſeipſum & infinitos deinde ſimiliter affectos, omnium cum applauſu integræ ſanitati donavit.*

*Hæc*

*Hæc etiam ſtabiliri Authoritate Cornelii Celſi patet ex c. 4, & 5. primi libri ſui ubi dicit: Eos quibus Caput infirmum eſt, & aſſiduis lippitudinibus, gravedinibus, deſtillationibus & tonſillis laborant, nihil frigidæ æque prodeſſe poſſe, caputq; per æſtatem largo Canali aliquamdiu quotidie ſubjiciendum & perfundendum. Hinc aliquorum pueri qui bene ſani ſunt, ut tales eſſe preſerverent nudo Capite ab ipſis Crepundiis injuriis externis exponi permittuntur, ſecundum doctrinam præfati Cornelii Celſi, qui vult ut omnes qui & bene valent & ſuæ ſpontis ſunt, iis aſſueſcant, & non minus in reliquo vitæ regimine, &c.*

He alſo affirms, that it cures *Tooth-ach*, Inflammation of the *Eyes*, and by ſtanding in Cold Water above the Legs, it takes off the Pains of *Wind* and *Colick*; and for the curing of *Recent Wounds*, the Bitings of *mad Dogs*, *&c.* he has a long Diſcourſe, and ſeems to back his Arguments with two conſiderable Subſtantials, *Reaſon* and *Experience*.

He alſo has a very fine Diſcourſe of *Wine-Vinegar*, not only as moſt admirable in the *Plague*, both in prevention and Cure, (if timely taken) but in the Caſe of almoſt all *Poyſons*, and eſpecially in that of a *mad Dog*, which he compares to be much the ſame, as the *Poyſon* of an *Aſp*. And becauſe Dr. *Colbatch* has inſtanced a Caſe of a *Viper's Bite* cured by *Acids*, I think it

not impertinent here to recite it, though 'tis ſome Digreſſion from my Text of Cold Water. *Cornelius Celſus. Nullum Aceto eſſe præſtantius remedium, & Ratione a priori, & experientia ipſa contendit adjuncta odoleſcentis Hiſtoria, qui ictus ab Aſpide cum eſſet, & ſe in Locum contuliſſet aqua & omni liquore deſtitutum, & caſualiter Aceti langenam reperiens, eam evacuendo ſimul & ſemel & ſitim intolerabilem & præſentiſſimum venenum extinxit.*

He commends the Herb *Pimpinella* ſteep'd in Vinegar, both in the *Plague* and other *Poyſons*. And Colonel *Roiſton*, a Gentleman of *Lancaſhire*, told me, That when his *Hounds* were at any time bitten by a *mad Dog*, that he uſed to give them inwardly the Juice of *Dracuntia* with Vinegar, and alſo applied it outwardly to the *Bite*, and it ſeldom failed to Cure. But to my Buſineſs;

A Lady in *Lancaſhire*, of good Quality and Worth, having for ſome Years laboured under a Complication of Diſtempers, but chiefly *Nerval* and *Hyſterical*, of a thin Habit, very Pale, a decayed Stomach, faint Sweats, and a low languid Pulſe, came to *London* by Direction of Sir *Charles Scarborough*, unto whoſe Lady ſhe was near related, and had in Conſultation no leſs than Ten or Twelve *Phyſicians*; ſhe had tried all things triable and probable, but fruitleſs and in vain, at length when almoſt at the Brink

of

of the *Grave*, by the Perſuaſions of Dr. *Tarborough* and my *Self*, ſhe was prevail'd with to go to St. *Mungo*'s, a very *Cold Spring* in *Yorkſhire*, and there couragiouſly immerging to a Miracle. was in leſs than a Fortnights time perfectly reſtored to her Health, and lived many Years after without any Relapſe.

And now I am on St. *Mungo*'s, (which is a very cold and quick running Spring, but rather too ſhallow, it being not above three Foot deep, or very little more, and open at the Top, which is a fault,) having the good fortune to meet with that Worthy Gentleman, Mr. *Harriſon*, (at the Baths in *Somerſetſhire*) who is Owner and Proprietor of that *Well*, he was pleaſed to give me an Account of ſeveral great and conſiderable Cures, and thoſe to his own Knowledge; but for farther Confirmation, directed me to write into *Yorkſhire*, to the Miniſter of the Place, which accordingly I did, and here I will inſert the Sum of his Anſwer, *viz.*

*Sir*, I met with your's on my Road to *York*, *&c.* I here ſend you ſome few inſtances out of many; but *Timothy Webſter*, who farms the *Well*, thereby having the better opportunity to obſerve the Cures done, can better furniſh you; in the interim be pleas'd to accept of theſe few Obſervations, *viz.*

Mrs.

Mrs. *Dorothy Coulſon*, Daughter of Mrs. *Ann Coulſon* of *York*, after the *Small-Pox*, got a burn on her *Foot*, upon which ſhe loſt all Senſation in her *Lower Parts*, they becoming *uſeleſs* and *benumb'd*, by the uſe of the Cold Water recovered, ſo that the next Summer ſhe walk'd from a neighbouring Town, a full Mile off, to bathe in the *Well*.

Sir *Henry Slingsby*, late of *Red-houſe*, I going to ſee him, asked him, What benefit he found by Immerſion in the *Well?* He anſwered, I will ſhew you; upon which he laid his Hands upon the Arms of the Chair in which he ſat, (having loſt his Limbs) and raiſed himſelf two or three Inches from the Seat; but before the Seaſon was done, was able to Walk very well; and Mr. *Harriſon* told me, That he ſaw him at *York*, and that he went up a pair of Stairs in half *Jack-Boots*, &c.

*Ellen*, the Daughter of *Michael Simpſon* of *Alborough*, was thro' her Lameneſs carried in a Chair by two People, and is ſince by the uſe of *Immerſion* perfectly recovered to Priſtine Health and Strength.

*Margaret Smith* came from about *Newcaſtle* in a Cripple-Cart, went on her *Hands* and *Knees*, but went on Crutches before ſhe went away; and the next Summer ſhe ſent us word that ſhe was perfectly well, and was in Service.

*Mary*

*Mary Wharton* of *Cockermouth*, came in a Cripple-Cart, ſhe is now in *Copgrave*, and has been a ſhearer at Harveſt-work ſeveral Summers.

*Your Servant to Command,*

*Copgrave, October 9. 1701.*

J. Richardſon.

I my ſelf ſaw a Man at St. *Mungo* that had totally loſt his Limbs, had ſuch a *Torpor* and *Numbneſs*, that he could not feel an *Awl* or *Pin* run into his Fleſh; yet before he went away, could feel a Fly touch his Skin, and I ſaw him catch a *Fly* on his *Leg* with his *Hand*; he was poor, and almoſt naked; he lay by the Well-ſide to receive good Peoples Charity, and went into the *Well* (by help) four or five times in a-Day.

The aforeſaid Gentleman, Mr. *Harriſon*, told me, That a poor Woman came to St. *Mungo*'s in a Cripple-Cart, having by a *Palſey* loſt all her *Limbs*; ſhe came from *Leverpool*, or near it, in *Lancaſhire*, and after ſome time ſhe came to him, (being a *Juſtice* of the Peace) deſiring a *Paſs* to go home into her own *Country*, which is not much ſhort of a hundred Miles. He ask'd her, If ſhe was not the Woman that came ſometime ſince in a Cripple-Cart? She replied, She was, and had been at Harveſt-work near a Month, to get a little Mony to carry her home;

home; but in caſe her Mony ſhould fail her, ſhe deſired his *Paſs*. He ask'd her, How long time ſhe would take to go home in? She ſaid, That ſhe thought ſhe could go home in a Week very well: Which ſaid he, I much wonder'd at, and the more becauſe I ſaw her in ſo weak and deplorable a Condition.

I knew a Gentleman, both in a *Palſey* and *Rheumatiſm*, but not ſo weak, but that he could ſit on Horſe-back, and that was as much as he could do riding, ſo that (by reaſon of his ſlow Pace) Night overtook him, and in the dark he fell (Horſe and all) into a deep Ditch of Water; he got hold of ſomething, by which he hung, until his Man went, at leaſt a Mile, to fetch a Lanthorn, and brought People to his help, and being by their help remounted, he rod two or three Miles in his *Wet Cloths*; being come home, he ſtript, went to bed, ſlept well, and the next Day found that this Accident proved his Cure, for he got up and went about his Buſineſs very well. This Gentleman was a *Phyſician* himſelf, but his Diſtemper coming by the Treachery of the Bottle, being too much a good Fellow, he deſired me to conceal his Name, when he gave me lieve to publiſh the Caſe.

Dining at Colonel *Warwick Bampfield*'s Houſe, at *Hardington*, in *Somerſetſhire*, with honeſt *Harry Moor*, an Apothecary, in *Bath*,

(a

(a true *Nathaniel*, in whom there is no *Guile*) a Woman brought in a *Child* about five Years old, it could neither *Go* nor *Stand*, but would fall all on a Lump like a Clout; (and to the beſt of my Memory, ſhe told me it never could ſtand) ſhe being but a poor Woman, ask'd my Advice, if any thing could be done in her Child's Caſe? I bid her dip it over Head and Ears in the coldeſt *Well* or *Spring Water* ſhe could get, three or four times in a Day, which the poor Woman accordingly did; ſome time after that, I being come again to the Colonel's Houſe with Mr. *Moor*, the Woman came into the Parlour with the Child running in her Hand, to my great aſtoniſhment; for at that time, when I advis'd the Cold Water, looking upon the Caſe as deplorable, I little thought it would cure it.

The Caſe of Dr. *Gould*'s Son-in-law, (now a hopeful and ingenious young Gentleman) is ſo well known, that I need not mention it, it being a *Chorea*, call'd St. *Vitus*'s *Jig*, with ſtrange Geſticulations, was perfectly cured by *Cold Water*. Which Dr. *Pierce*, in his *Bath Memoirs*, has mention'd.

A Youth aged about Twenty Years, long troubled with a ſtubborn *Quartan Ague*; after many Medicines tried in vain, went into the *Cold Water* juſt upon the Acceſſion of the *Fit*, and at one Immerſion was perfectly

fectly cured; but to prevent returns, he continued it ſome time.

I have known ſeveral cured by Cold Immerſion in all ſorts of *Agues*, which I affirm to be done by the effect of *Concentration*, *Preſſure*, and *Contraction*, (of which in an other place) and not thro' *Fear* or *Fright*, becauſe good Swimmers, where there has been no *Terror* or *Apprehenſions* on the *Mind*, have been perfectly cured.

Mr. *Hugh Hammerſly*, an Eminent Goldſmith in the *Strand*, near *Somerſet Houſe*, had a Daughter cur'd in a Nerval Caſe, where there was an *Aphonia*, a total loſs of *Speech*; ſhe was by Cold Immerſion in 15 Days perfectly cured: This Caſe is well known to Dr. *Gibbons*, Dr. *Gould*, and ſeveral others.

Of the Cure of *Weak Limbs* and *Rickets* in Children, I could give you a hundred Inſtances.

*James Crook* in *Conduit-Court*, in *Long-Acre* over againſt the *King's Bagnio*, having both *Dropſy*, *Jaundice*, *Palſy*, *Rheumatick-pains*, and an inveterate old *Pain* in his Back, (aged about 56 or 57 Years) which Pain had been upon him 6 Years: He was a poor Man; and formerly (as he ſaid) was a Coachman to his Grace the Duke of *Beaufort*. This Man was cured to a Miracle; for in three times going into the *Cold Bath*, the Swel-

Swellings in his Legs were totally abated and gone, together with that old Pain in his *Back*, as alſo the *Jaundice*, blowing from his Noſe a great quantity of a *Bilious* yellow Matter.

☞ Note, *That in the* Dropſy, *eſpecially the* Anaſacra, *the Cure may be ſolved by ſuppoſing, that the* Frigidity *and* Preſſure *of the Water, reſtringing and contracting the whole* Body, *ſqueezing equally alike, from the* Peripheria *to the* Center, *the* Morbid Fluid *was forced from the* Habit *into the* Channels, *and by Secretion thrown off by* Urine; *which was this Caſe, for he* piſſed *much more than he* Drank; *but how the* Icterick *matter ſhould be thrown off by the* Noſe, *he that will tell me that*, Erit mihi magnus Apollo.

Mr. *Tonſtal*, belonging to the *African Houſe*, from a Bed-rid Cripple, was perfectly cured in a ſhort time. I think he told me, he got his Lameneſs by being Shipwrackt, and lying upon a Plank too long in Salt-Water.

A *Scotchman* in the *Dropſy Aſcites*, was in a fair way of Recovery when I came from *London*, *May* 29th, 1701. and ſince I hear that he is cured: He ſhew'd me his *Girdle* with which he made his Obſervation, and in five Days he has fallen almoſt *ſix Inches*, and began to *Piſs* freely.

Mrs.

Mrs. *Ride*, Daughter to Mr. *Knight* of *Spittle-Fields*, who was ſo *Deaf* that ſhe could not hear the *Bells* ring in the Steeple, though ſhe paſſed under them, in a little time was ſo cured, as to hear the *Clock* ſtrike at half a Miles diſtance. She had alſo a *Hemiplegia*, in which ſhe found much benefit, but not cured.

The Caſe of Mrs. *Wats* of *Leiceſter*, is moſt remarkable, who from a *Skeleton*, through an ill Habit, *decayed Stomach*, *Hyſterick*, &c. and ſo tender that ſhe could not endure the *Wind* to blow upon her; by the uſe of *Cold Immerſion*, is become Strong, Vigorous, and Healthful; and as I am told is hardned to that degree, that ſhe walks any where in any Weather, without *wrapping*, or *catching Cold*.

Cap. *Jewell*, a *Dane*, with an inceſſant pain in his *Stomach*, for a long time, *Melancholick*, and *Hyponchondriack*, after many Eſſays by other means, was perfectly cured by *Cold Immerſion*, in Mr. *Bayn*'s Bath in *London*.

And here Note, ☞ that I have obſerv'd in ſeveral Perſons afflicted with old inveterate Pains of the Stomach, when neither *Bitters*, *Aromaticks*, Burnt Wine, or ſtrong Waters, nor Anodyns, as Opium, *&c.* nor external Applications, ſuch as Sponges, Fomentation, Embrocations, *&c.* has all fail'd,

Cold

Cold Water by continual application to the Part, for an hour or two, has not only given eaſe, but in a little time has made a compleat and perfect Cure; the Stomachick Pains when very pungent, are more exquiſite than any, by reaſon of the Senſation of its Membranes interwove with ſo many nervous Plexures. This Captain *Jewel*, by many Phyſicians was ſuppos'd to have an *Ulcus in fundo Ventriculi*, for his Pains were never off totally, tho' more ſevere in the Night, they began to encreaſe upon him towards Sun-ſet, and held him (in unſpeakable Torture) until towards Sun-riſing, all which time he ſat up in his Bed, rocking and groaning, *&c.* but thro' God's Bleſſing on the means, he was cured by the Cold Bath, and in publick Prayers return'd God Thanks for the ſame.

Mrs. *King* at the Sign of the *Royal Exchange*, in *Leather-Lane*, *Holbourn*, Lame for a long and conſiderable time, (I think two or three Years, to the beſt of my remembrance her Husband told me ſo) ſo Lame that ſhe could not ſtir, but as ſhe was lift in a Chair; it was long e'er ſhe could be perſuaded unto the uſe of the *Cold Bath*, but after a few Immerſions, ſhe got *Strength*, and now is ſo well as to walk about her Buſineſs.

Mr. *Baynes*, who lives at the *Cold Bath*, ſhew'd me a ſort of *Regiſter*, which he kept of ſeveral ſorts of Cures, ſuch as *Aſthma's*, *Rheumatiſms*, *Rickets*, *Running Gouts*, and moſt Diſeaſes in the *Skin*; and it ſeldom or never fails in that curſed Diſtemper that uſually afflicts the fineſt Women, the *Fluor Albus*.

There is lately diſcovered a Plant boiled in Broth or Milk, which ſeldom fails of Cure in that Caſe.

Now, *Sir*, I could give you an hundred ſuch *Precedents*, which would be too long and tedious, (and to ſmall purpoſe:) I will now proceed to two or three very great and moſt conſiderable Cures, the *Rariora*, and ſuch as crown *Pſychroluſia*, and are almoſt incredible, but known *Longe lateque* to all the Country.

The firſt is that great and wonderful Cure, done on Mr. *Samuel Crew* of *Lacock* in the County of *Wilts*, taken *Verbatim* from his own Letter, which Letter was written in the Preſence of Mr. *Edward Montague* at *Leckham*, one of the pleaſanteſt Seats in *England* for Wood and Water, and was 400 Years in my Family of *Baynard*, until lately loſt from the Name, in the Heir General, where, according to Mr. *Camden*, has been great Store of *Roman* Coins and Urns found; and in my time I well remember ſeveral pieces

pieces of *Roman* Heads and Inſcriptions found by Servants and Work-men digging up and down the Grounds, *&c.* Mr. *James Mountague*, now the preſent Poſſeſſor, knows this Relation of Mr. *Samuel Crew*'s to be litterally true, Mr. *Crew* being both his Tenant and Neighbour, and he ſaw him in the time of his extream illneſs, tho' not viſited him ſo often as his Brother *Edward* deceas'd, had done, *&c.*

*The Letter is as followeth,*

'I The ſaid *Samuel Crew*, about 2 Years
'ſince, was ſeized with a moſt intole-
'rable Pain in my right *Elbow*, from thence
'the Pain went into the *Inſteps* of both
'Feet, thence into my other *Arm*, and the
'lower end of my *Back-Bone*, thence into
'the Nape of my *Neck*; but after it had
'ſeized my Neck, it ſpread all over me, not
'only in my *Joints*, but *Fleſh* alſo, inſo-
'much that the Calf of my *Leg* was *con-*
'*tracted* as hard as any *Iron-Wedge*, and ſo
'continued three Quarters of a Year, with
'ſuch racking Pains as are inexpreſſible;
'my *Belly* ſeem'd to be clove to my *Back-*
'*Bone*, inſomuch, that it was all Hollow,
'like a *Diſh*, and would hold Water when
'I lay upon my Back; my *Fundament* was
'drawn up three or four Inches into my
'Body, and I was grown ſo *Thin*, and ex-

'tream Poor, that I was *Raw* and *Galled* 'with lying, and *Lowſy* with Poverty of '*Fleſh*, and had ſuch Pains in my *Ears*, that 'if a Red-hot Iron had been run into them, 'they could not have been worſe. I lay 'upon my *Back* half a Year, not being able 'to ſtir or move *Hand* or *Foot* in all that 'time. In ſhort, the Pain did ſo diſtract 'me, that I hollow'd and hoop'd like a '*mad-Man*, with extremity of *Miſery*, in-'ſomuch that I really thought *Hell* could 'not be worſe; nor is it poſſible for any 'Tongue to tell, or Pen to write, the Mi-'ſeries I endured. I was worn to a meer '*Skeleton*, and when I went to *Stool*, which 'was once in four or five Days, and then for-'ced by purging Syrups, *&c.* no Woman 'in extream Labour could have more Pain 'cauſed thro' the Contraction of my Fun-'dament. I had ſeveral able *Phyſicians* with 'me, to whom my Caſe is well known; 'they preſcribed me *Purging*, *Bleeding* 'much, and very often, they *Sweat* me a 'whole Month together, I took *Viper Pow-'ders*, *Srabs Eyes*, *Pearl Cordials*, *Sal Vola-'tile*, Spirit of *Sal Armoniack*, Spirit of '*Harts-Horn*, *Oyl of Tartar*, and ſeveral 'other *Drops*, and all the Wood-drinks, 'and all to no purpoſe. I went to the *Bath*, 'and there bathed, which ſo encreaſed my 'Pains, that I am well ſatisfied, one Eſſay

'more in the Bath would have coſt me my
'*Life*, even in the Waters. At laſt, meet-
'ting with Dr. *Baynard*, he perſuaded me
'to go into *Cold Water*, over Head and Ears,
'every Day faſting, and uſe the Decoction
'of *Wild Sage*, *Ground-Ivy*, *Ground-Pine*,
'*Germander*, and a little *White Hoar-hound*,
'acidulated with *Crab-Verjuice*, for my con-
'ſtant Drink, which I did, and in ſix Days
'Immerſion in the Water, and uſing the
'Drink, I was ſo well as to walk about my
'Grounds, all my Pains inſenſibly vaniſh'd,
'my Stomach which was quite loſt and de-
'cayed, was reſtored; I got *Strength*, ſlept
'ſound, my *Fleſh* came on, and my *Colour*
'came into my *Face*.

'All this is well known to the Neigh-
'bourhood, and Country round, which with
'my humble Acknowledgments to *Almighty*
'*God* for this my great *Cure*, I atteſt to be
'literally true.

*Witneſs my Hand,*

*Given at Mr. Montague's Houſe at* Leckham, *June 2d. 1696.*

Samuel Crew.

The next *Caſe* that I ſhall offer you, is one altogether as ſurprizing as that of Mr. *Crew*'s, and much more, conſidering how inſtantaneouſly it was perform'd; and indeed it was a Cure of that moment, that the Learned Mr. *William Baxter* thought it worth inſerting in his Criticiſms upon *Horace*,

*race*, Epiſt. XV. where you have the Hiſtory of that bold Undertaking of *Antonius Muſa*, the Phyſician, to Immerge the Emperor *Auguſtus* in Cold Water: *Nam cum dolore Arthritico laboraret, & ad ſummam maciem perductus eſſet, &c.* which had ſuch happy Succeſs, that the Senate rewarded him with a profuſe Sum of Mony: And *Suetonius* ſays, That the Emperor order'd his Statue to be erected in the Temple of *Æſculapius*, &c. But as to this great Caſe, I will give you Mr. *Baxter*'s own Words, *viz. Ruſticus quidam Cognomento Plumbarius in vico vernacule appellato* Harrow on the Hill, *quod eſt* Herga *ſeu* Caſtra ſuper Colle; *qui quidem vicus ſatis notus eſt in medio ſaxonum noſtrorum Pago; præſertim vero nobis qui in ſacro iſto monte Muſas primum adivimus. Laborat hic vir ſeſquimeſtri fere ſpatio immanibus Arthritidis vagæ, Paralyſeos, atque etiam ſpaſmatum doloribus, adeo ut neque Pedibus inſiſtere valeret: Plurimis autem incaſſum tentatis Remediis, imo & Merculiali ſaliva inutiliter mota miſellus iſte tandem (incredibile dictu) ab omnibus iſtis tam ſævis ſymptomatibus, vel unica in frigidas noſtras immerſione ex toto liberatus, ad integram ſanitatem reſtitutus eſt, juſſus tamen firmioris efficaciæ cauſa iterato bis terve in eaſdem Aquas ſe demittere.*

In this Caſe there was one Paſſage omitted, which I believe Mr. *Baxter* had no Cognizance

nizance of; for Mr. *Robert Montague*, a Worthy Gentleman, who often uſes *Cold Baths* himſelf, and that in the very extremity of Winter, as well as in milder Seaſons, told me, (for I was not preſent the firſt time he was plung'd in) That with Extremity of Pain when he was ſtir'd, he ſaw the *Sweat* run down the ends of his *Fingers*, and that three or four luſty *Men* were ſtript to help him in, and after the ſpace of two or three *Minutes* (if ſo long) his Pains were abated, and the Man able to come up the Steps himſelf, and in 3 or 4 Days (altho' a Coach came for him) yet he walked ſome Miles towards home on Foot, without any help, *&c.*

I remember that a *Lady* of very great Quality of *Scotland*, and nearly related to his Grace, Duke *Hamilton*, told me (about 4 or 5 Years ſince) that ſeveral of her *Sons*, tho' Born ſtrong luſty *Children*, yet pin'd, dwindl'd, and fell into *Convulſions*, and died in a little time; and that a *Highland* Woman adviſed her either to Waſh or Bath them in *Cold Water*, (I have forgotten which) and accordingly the *Lady* did ſo, and ever after her Children thriv'd, and did well, and are now luſty ſtrong *Young Men*. This, I having had the Honour ſince to wait upon his Grace, Duke *Hamilton* affirm'd to me to be true, forthe *Lady* wsa

his own Sister, and Wife to my Lord *Murray.*

In *Fevers* I have known a great many in my time, who by the over-care of their *Health-wrights* were made *Delirous*, and in their *Phrensy* have leap'd into a *Pond*, or any other *Cold Water*, and not *one* as ever I heard of, ever got any harm, but were thereby presently cured. And Dr. *Willis*, I remember, instances a Case or two, wherein they have recovered by immerging into *Cold Water*, either by Accident or Distraction. And lately I saw at Mr. *Charles Frubshaw*'s in *Salisbury Court*, a Servant Maid, who not long before being Delirious in a most intense Fever, got loose and leap'd into the River *Thames*, but being soon taken up by a Boat was brought home in her wet Cloaths, who no sooner being stript and dry Cloaths put on, but she went about her Business, and was as well as ever she was in her life. I had often heard this Story in the Neighbourhood, but being curious in the thing, I sent for the Maid, and had this relation from her own Mouth.

A Learned and Ingenious Gentleman, a *Doctor of Laws*, now living told me, That being Light-headed in a *Fever*, and most intensly *Hot* and *Thirsty*, got from his *Nurse*, and rush'd into a *Horse-Pond* in the Yard, and

and there ſtay'd above half an Hour; it brought him preſently to his *Senſes*, and allay'd both his *Heat* and *Thirſt*. After which, when in Bed, he fell into a ſound Sleep, and when he awak'd (in a great Sweat) he found he was *Well*, but complained of a great Pain in his *Head* for ſome time after, which he himſelf thinks proceeded from not *wetting* his Head.

Mr. *Carr*, the preſent School-Maſter of *Marlborough*, told me, That he recovered when given over in a *Fever*, by drinking a large Quantity of Cold *Spring Water*. And that I have known in twenty ſuch Caſes in my time, but that is not to be depended upon, for ſome have alſo recovered by a quite contrary Method, as drinking ſtrong fermented *Liquors*, as *Cyder*, *Sack*, *Claret*, &c. in large Quantities. See *Harmanus vander Heyden de uſu aq. fontanæ & ſeri Lactis.*

A *Turk* (a Servant to a Gentleman) falling Sick of a *Fever*, ſome one of the *Tribe* of *Treacle-Conners*, (being call'd in) whether *Apothecary* or *Phyſician*, I can't tell, but, (according to Cuſtom) what between *Bliſter and Bolus*, they ſoon made him *Mad*. A Country-man of his, that came to viſit him, ſeeing him in that *Broiling* Condition, ſaid nothing, but in the Night-time by ſome confederate *Help* got him down to the

the *Thames-side*, and ſoundly *duckt* him: The Fellow came home ſenſible, and went to Bed, and the next Day he was perfectly well. This Story was atteſted to me by two or three Gentlemen of undoubted Integrity and Worth; and I doubt it not, but believe it from the greater Probability; for I'll hold ten to one on the *Thames-ſide* againſt *Treacle*, *Snake-root*, &c. and all that hot Regimen, which inflames and exalts the Blood, breaks its Globles and deſtroys the Man, and then forſooth the Doctor ſneaks away like a Dog that has loſt his Tail and crys it was a peſtilential malignant Fever, that no Body could cure, and ſo ſhews his Care of the Remainder, bids them open the Windows, air the Bed-cloaths, and perfume the Room for fear of Infection, *&c.* And if he be of the right Whining, Canting, Prick-ear'd ſtamp, concludes as they do at *Tyburn*, with a mournful Ditty, a Pſalm, or a preſervative Prayer for the reſt of the Family *&c.* ſo exit *Prig*, with his ſtarcht formal Chops, Ebony Cane, and fring'd Gloves, *&c.*

Dr. *Tarborough* told me, That his Kinſman, Sir *Thomas Tarborough*, ſent him a Letter from *Rome*, wherein he gave him an Account of a *Foot-man* of his, who when delirious in the *Small-Pox*, got from his Bed, and in his Shirt run into a *Grotto* of a Cardinal's, where there was Water, in which he plung'd himſelf, but was preſently got

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out; the *Small Pox* ſeem'd to be *ſunk* and *ſtruck* in, but upon his going to Bed they came out very kindly, and he ſafely recovered.

But my Worthy and Learned Friend, Dr. *Cole*, ſhew'd me an Account from an Apothecary in *Worceſterſhire*, whoſe Name (I think) was Mr. *Matthews*; the Subſtance of which was, That a Young Man delirous in the *Small Pox*, when his *Nurſe* was aſleep jump'd out of Bed, run down Stairs, and went into a *Pond*, the Noiſe awak'd the Nurſe, who follow'd with an out-cry, which out-cry raiſed the *Poſſe* of the Family, who ſurrounded the *Pond*, but he parled with them, and told them, that if any Body came in, he would certainly *Drown* 'em, and that he would come out when he ſaw his own time; and accordingly did ſo, and walkt up Stairs, and ſat (in his *wet* Shirt) upon a Cheſt by the Bed-ſide; in which Poſture Mr. *Matthews* found him when he came into the Chamber. *Note here*, That the *Apothecary* liv'd three or four Miles from the place, and he was in the *Water* and on the *Cheſt* all that while in his *wet Shirt*, that the Meſſenger was gone for him. This *Apothecary*, Mr. *Matthews* (for ſo I take his Name) ask'd him, How he did? He anſwered, Pretty well. He ask'd him, if he would have a clean Shirt, and go into Bed?

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He ſaid, By and by he would; which accordingly he did. When in Bed, he ask'd the Apothecary, If he had nothing good in his Pocket, for he was a little faintiſh? He ſaid, That he had a *Cordial*, of which he drank a good Draught, ſo went to Sleep, and awaked very well, and in a little time recovered. Now, as Dr. *Cole* obſerv'd very well, A Man, quoth he, would not adviſe his *Patients* in ſuch a Caſe to go into *Cold Water*, though this Man eſcaped without Injury; but it gives a good occaſion to reflect on the many Miſchiefs that attend the *Small Pox* in the *Hot Regimen*, ſince ſuch extravagant and intenſe *Cold* does ſo *little* or no *harm*.

Dr. *Dover*, of *Briſtol*, told me of a Vintner's Drawer in *Oxford*, that in the *Small Pox* went into a great Tub of Water, and there ſat, at leaſt, two Hours, and yet the Fellow recovered, and did well.

A Gentleman delirous in the *Small Pox*, run in his Shirt in the *Snow*, at leaſt, a Mile, and knock'd them up in the Houſe where he went, they being all in Bed, the *Small Pox ſunk*, yet by the benefit of a Looſneſs he recover'd.

I remember about two Years ſince, a Learned Gentleman, a *Divine*, told me, That in the Country, where he was Beneficed, in a ſmall Town, not far from him,

many died of a *Malignant Small Pox.* A certain *Boy*, a Farmer's Son, was ſeized with a Pain in his *Head* and *Back*, vomited, was feveriſh, *&c.* and had all the *Symptoms* of the *Small Pox.* This Youth had promiſed ſome of his Comrades to go a Swimming with them that Day, which notwithſtanding his Illneſs, he was reſolved to go, and did ſo, but never heard more of his *Small Pox.* Within three or four Days, the *Father* was ſeiz'd juſt as the *Son* was, and he was reſolv'd to take *Jack's* Remedy; his *Wife* diſſwaded him from it, but he was reſolv'd upon it, and did Immerge in *Cold Water*, and was after it very well. The Worthy Gentleman that told me this Story, promiſed to give me it in writing, with the Perſons Names and Place; but I neglecting of it, he went out of *Town* in two or three Days, ſo I loſt the opportunity of being better inform'd.

Mr. *Lambert*, Brother to my Worthy Friend, Mr. *Edmond Lambert* of *Boyton*, in the County of *Wilts*, told me, That when he was at School in *Dorſetſhire*, at leaſt thirty or more of the Boys, one after another, fell Sick of the *Small Pox*, and that the Nurſe gave them nothing elſe but *Milk* and *Apples* in the whole Courſe, and they all recovered. There was but one diſſenting Boy from that Method, who by command

mand from his Parents, went another Courſe, and he had like to have died; nay, with very great difficulty they ſaved his *Life.* And ſince another Gentleman told me, That himſelf, and divers others, were cured by Milk and Apples, and butter'd Apples, in the worſt ſort of *Small Pox.*

I was at *Chiſwick*, and ſometimes in *London*, in the time of the great *Plague*, in the Year 1665. and I very well remember, that it was the Talk of the Town, that a Brewer's Servant at *Horſleydown*, in *Southwark*, was ſeized with it, and in his *Delirium* run into a *Horſe-Pond*, firſt drank his fill, and then fell faſt aſleep with his Head upon the Pond's Brink, where he was found in the Morning; how long he had been in the Pond, no Body knew, for it was in the Night he went into the Water, and had no *Nurſe* then with him, but he recovered to a Miracle.

I heard alſo about that time of a Nurſe taken with the *Plague*, that accidentally fell into a *Well*, ſomewhere near *Acton*, and was immediately brought to her Senſes and recover'd. I was told this by ſome *Acton*-men.

*Note*, That during the time of the *Plague* there was ſuch a general *Calm* and *Serenity* of Weather, as if *Wind* and *Rain* alſo had been baniſh'd the Realm, for, for many Weeks

Weeks together I could not obſerve the leaſt breath of Wind, not enough to ſtir a Weather-Cock or Fane, if any, it was Southerly; the Fires with great difficulty were made to burn, I ſuppoſe, through the great ſcarcity of *Nitre* in the *Air*, there fell abundance of *Mildews*, and the very Birds would pant for Breath, eſpecially *Crows*, *Kites*, &c. and I obſerv'd them to Fly more *heavily* than at other times. It was obſerved alſo, that ſuch as dwelt in *Water-Mills*, and kept home alſo, *Water-Men*, *Barge-Men*, &c. that were imployed on the *River*, were not at all, or rarely infected with the *Plague*. I remember that I heard an Apothecary ſay, (I think it was Mr. *Thomas Soaper*) who lived then on *London-Bridge*, (an ingenious, ſober Man) that there were but *two Perſons* died on the Bridge in the whole time of the *Viſitation*. The Truth of this may eaſily be inquired into, there being many Men now alive, that then lived on the *Bridge*, or near it. And I have been lately told, by ſeveral Eminent Men, living on *London-Bridge*, that they have obſerved, that for the quantity of Houſes, that the Bridge ſcapes better than other parts of the City, in any Contagious time whatſoever: as alſo Fiſhmongers on the Hill, are generally healthful; which muſt proceed from the much uſe of and dabling

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in Cold Water, which continually evaporating, and arising moderates the Heat and Ferments of the Air, rendered insalubrious by so many Heterogenious Exhalations, *&c.* which must arise from so many Sinks, Bog-houses, and other Cadaverous Fumes, which cannot be avoided in so great, popoulous, and large a City, *&c.* At that time People were generally *Faint*, and proclive to *Sweat*, creeping low *Pulses*, but when first infected, very high. Dr. *Hodges*, an Eminent *Physician*, then in *London*, Author of an Ingenious Book, *De Peste*, with whom I used to drink a *Bottle*, told me, That he distinguished the *Plague-spots* from those of the *Scurvy*, by running a *Pin* up to the Head in them, for they were mortified and indolent, *&c.*

Now how *Cold Water* should cure the *Plague*, is past my *Philosophy*; but if these Relations were true, we must conceed to it, for there can be nothing said against *Fact*: Now a sudden *Plunge* and *Immersion* into very *Cold Water*, where there is a great quantity of it, must be the greatest *Alterative* in Nature, for it must give a new Motion to all the Spirits, both from its *Frigidity* as well as *Pressure*, by driving them from their *Posts* to another *Action*; for I conceive *Life* to be an actual *Flame*, as much Flame as any Culinary Flame is, but fed with its pe-

peculiar and proper *Pabulum*, made out of the *Blood* and *Spirits* for that purpoſe: and my Reaſons are theſe, *viz.*

*Firſt*, *Life* is as extinguiſhable as any other *Flame* is, by excluding the *Air*, &c. for hold your Handkerchief cloſe to the Mouth and Noſe of any *Animal* that has Lungs, and *Life* is put out, the Creature is dead in a *Moment*; there is no Skin broke, nor Bone broke; no Wound, nor Bruiſe; there is your whole Man, but dead he is.

*Secondly*, No Flame will burn without *Aerial Niter*, or a *Quid Aerium*, whatever it be; ſome will have it a mix'd *Gas* of Niter and Sulphur; but whatever it be, 'tis *cauſa ſine qua non*, ſomething without which no *Flame* will burn: and that the *Lungs* ſerve to this uſe, and are *Air-Strainers*, is very clear to me, by that Experiment of the *Candle* and two *Puppy-dogs*, put into a great Oven, and ſtopt cloſe up with a *Glaſs-Door* to ſee through; and in a little time, when they had ſuck'd in ſome, and the Candle waſted the reſt of the *Niter*, the *Dogs* died, and the Candle went out with them at the ſame inſtant *. That *Fire* burns fierceſt in intenſe *Froſt*, is paſt all diſpute, which muſt be allowed to proceed from the vaſt quantity of *Volatile Niter* then in the

* Note, *This Experiment of the Dogs and Candle, I did not try my ſelf, but have very good Authority for the truth of it. Thoſe that doubt it may try it.*

*Air*. Hence came the use of *Bellows* to draw the Aereal Niter in at the *Valve* or Clack, (placed in the middle of the under Battle-door of the *Bellows*) which closing by the *Pressure* of the *Hand*, squeezeth it out of the *Rostrum* or Nose, together with the Air its vehicle, so forces it by the blast into the *Sulphur* of the *Coal*; which Action by their Union makes *Accension*, or that which we call kindling. Now all *Ustion*, as the *quid inflammabile* wasts, leaves by Incineration *Alcalious* and *Caustical* Salts, either fix'd or volatile, which from their Figure or imbibed Fire, become of a pungent *Corrosive* Nature, and fix upon the *Membranes*, being *Nervous* and most exquisite of Sense and Perception, which by Irritation cause a light *Inflammation*, which Inflammation is called *Thirst*; which Salts hang on all the Membranes less or more, but chiefly about the *Mouth* and *Tongue*, there being most Harbour and Shelter for them, by reason of its downy and lanuginous Membrane: which *Salts* are melted and wash'd off by *Drinking*, the grosser by *Stool* with the solid Excrements, but those of more *volatile* and *subtile Particles* creep with the *Chyle* into the *Blood*, and have no way out but by *Urine*. Hence Water is the best *menstruum* to dissolve *Salts*, and that which is most Simple and Elementary is the best

*Water*,

*Water*, as leaſt impregnated; ſuch Waters waſh off and diſſolve their Points and Angels, by which they prick, ſheath and invellop them into their own *Pores*, and with themſelves run them off by *Urine*, and if ſo forced by *Heat* and *Motion*, as to diſturb them in their Paſſage, the Current of *Urine* is check'd, and the *Salts* leave their hold of the Water, ſhoot their Vortex, and from the *Channels* get into the Habit of the *Body*, which if not diſolved, melted, and thrown off by *Sweat*, they inflame and cauſe *Fevers*, &c. nor will they ceaſe their Action and Inquietude, until totally *diſſolv'd*, or forced back into their common *Paſſages*, and the Salts precipitated and run down by *Urine*: for I look upon the *Pores* and *Sweat-vents* as ſo many *Back-doors* and *Sally-ports*, by which Nature drives out the *Enemy* crept into her *Garriſon*. This truth is demonſtrated in all *Fevers*, where the *Cauſtical Salts* are not waſh'd off, but remain behind on the *Glands* and *Membranes*, forſaken of their diſſolving *Menſtruum*, the Water, *&c.* which that Ingenious Chymiſt, Mr. *George Moult*, by Chymical *Analſys* made appear in ſix Quarts of *Febrile Urine*, which I ſent him, and he found but the thirtieth part of thoſe Salts uſually found in a ſound Man's *Urine*: ſo that of neceſſity they muſt remain behind, and be left (like ſo many

*French Dragoons)* to Quarter on the Blood and Spirits at *Diſcretion.* The Hiſtory of which is printed in the Philoſophical Tranſactions ſome years ſince.

Now, that which we call inſenſible *Perſpiration* is nothing elſe but the *Smoak*, made from this vital *Flame*, and the Pores are the *Spiramenta* through which it paſſes, and when theſe are *ſtop'd*, the *Smoak* is return'd, and the Flame becomes *reverberatory*, which ſometimes is neceſſary to force an Obſtruction, *&c.* for the *Body* has its *Regiſters* and *Vent-holes* as well as other *Furnaces*; and in this Caſe *Cold Water* is the beſt Method of doing it, which muſt not be continued too long, for fear of Extinction in very weak Bodies; though I am apt to believe, that upon a total Occluſion of the External *Pores*, a great part of that *Smoak* goes through the *Lungs*, and out of the Mouth, otherwiſe Men could not continue ſo long in *Cold Water*, as ſome Ship-wrack'd Men have done: And to prove this, if when you are up to the *Chin* in *Cold Water*, you breath through a ſhort *Trunk* or hollow *Cane*, your Breath ſhall ſoil a *Looking-Glaſs* at almoſt twice the diſtance, as it ſhall, when the Preſſure is taken *off*, and you out of the *Water*, &c. But to proceed, theſe *Salts* ſometimes *Cryſtallize*, ſo that the common *Menſtrua* will not touch them no more than

a File will *Steel* or hardned *Iron*, and then it is a true *Diabetes*, (and here the Phyſician is at his Wits end, and that no far Journey;) then Hey! for Lime-water, Quince-wine, and other Reſtringents, which if it were poſſible, would rather make a *Coaleſcence*, and tye the Knot the harder; no, the Cure lies in Solution, by melting down the Salts, which muſt be done by open, raw, and unimpregnated *Menſtrua*, ſuch as the *Briſtol*-Waters are, as moſt *Simple*, having the leaſt *Contents* in them, they being nothing elſe but Waters diſtill'd by Subterranean Heats in thoſe vaſt Mountainous, Rocky *Caverns* and *Ovens*, and finding Lodgments and Gutters in the Clefts of thoſe hollow Rocks, which when full, run over, and by Circulation and conſtant Diſtillations, are perpetually ſupply'd, and make a continual *Spring*, &c. But more of this in another Piece I deſign to publiſh, when my other occaſions will give me leave. I ſhall here only add two Letters from Mr. *Mott*, to my Ingenious Friend Major *Hanbury*, concerning the wonderful Cure of the *Gout* in Sir *Henry Conningsby*, as alſo an Account from Sir *Henry* himſelf to Mr. *Mott*, which I now have ſent laſt Poſt to me from the Mayor.

## *From Mr.* Mott *to Major* Hanbury.

*SIR,* Bewdly, June 3. 1701.

YOur's of the 24th of *May* I received, but it had the misfortune to come by the *Lame Poſt*, or elſe you had ſooner received an Anſwer, *&c.* Yeſterday, according to your deſire, I waited on Sir *Henry Coningsby*, who gave me as pleaſant and as agreeable Entertainment, as could have been expected from an Ingenious Gentleman of Thirty Years of Age, had he not wanted the Uſe of his *Legs*, which is the only Deficiency in him, his *Intellects* being as ſound and firm as ever, which you may partly perceive by the Account he gives of his *own Caſe*, written with his *own Hand*. He is now in the 88th Year of his *Age*, and yet takes away 16 or 18 Ounces of *Blood*, once every three Months, and drinks nothing but *Spring-Water*, and now and then a little *Brandy*. He farther acquainted me, That his Fingers and Toes being full of *Chalk-Stones*, (the Remains of Gouty *Paroxyſms*) they were totally *diſſolved* and *gone*, and thoſe Parts reſtored to their natural Size by the uſe of his *Cold Bath*, which the old Knight is poſitive will infallibly Cure that Diſtemper in any Perſon, he having had no Fit for ſeveral Years.

Theſe.

Theſe, *Sir*, are the moſt material things I could inform my ſelf of, and in any thing elſe, *&c.* Command.

*SIR,*

*Your much obliged humble Servant,*

T. Mott.

## *From Major* Hanbury *in* London, *to Dr.* Baynard *at the* Bath, June 10*th*, 1701.

*Dear Doctor,*

THIS I have received from Mr. *Mott* of *Bewdly* in *Worceſterſhire*, within three Miles of Sir *Henry Coningsby*'s: I wrote to Mr. *Mott*, not being ſure that Sir *Henry* was living, but he is, and I have ſent you a Paper writ with his own *Hand*, being his own *Caſe*.

His Weakneſs now in his Legs, is from his *Age*, and former *Gout*, but not in the leaſt *Paralytick*: I wiſh this come in your time. If you have received this, let me know by a Line directed for me at *Richard*'s Coffee-Houſe, *Temple-Bar*.

I am your faithful, *&c.*

*John Hanbury.*

## *A Letter from Sir* Henry Coningsby to *Mr. Mott, giving an Account of his own Caſe, and written by his own Hand.*

WHen I was about Thirty Years old, all my Lower Parts were ſeized with a *Numbneſs*. I applied my ſelf to the *Doctors*, ſuch as Sir *Theodore Mayerne*, Dr *Winſton*, Dr. *Prujean*, and others the moſt Eminent of that *Age*, they all ſaid that it was a *Paralytick Caſe*. Dr. *Mayerne* ſaid it muſt be fetch'd *ab intimis ac interioribus*. They ply'd me with ſeveral *Medicines* and *Sweatings*, but would not let me *Blood*, which ſo firmly fixed the Diſtemper, that I had no outward *Feeling*, inſomuch that *Nettles* would not *Sting* me, nor outward *Heat*, as Cloaths, *&c.* could make me *Warm*. I continued under their Hands ſome Years, ſtill for the *worſe*, indeed I could lamely walk, but rather by *Cuſtom* than *Senſe*.

Thus tired in *Body*, *Mind*, and *Purſe*, I gave them over, and reſolv'd upon juſt *Contraries*; I let *Blood* once a Month, uſed all the *Cold* means; I went into the *Cold Spring* at all times of the Year, but firſt in the *Summer*.

The firſt time I went into the *Cold Spring*, it *blotch'd* me in one place, and ſo every Day

Day more and more by *Pimples* riſing, and then drying away. It gently *excoriated* the firſt *Skin*, opened the *Pores*, and reſtored me to natural *Heat*, and ſo ever ſince I have continued my own *Doctor* for this Forty Years.

☞ *Note*, That I firſt went to St. *Winifred's Well* for a Month, but for want of Faith, her *Saint-ſhip* did me no good nor hurt; but the firſt time I went into the *Well* in my own Garden, I found the happy Operation.

*Henry Coningsby.*

*My Service to Mr.* Hanbury.

*Vera Copia.*

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## *A Leter from Dr.* Bettenſon *of the* Bath *to Dr.* Baynard, June *17th*, 1701.

*Dear Doctor,*

UNderſtanding that you are writing ſomething concerning *Cold Immerſion*, I thought it not Impertinent to give you an Account of what happen'd to a Servant of mine, that had been troubled with a Cough, which himſelf, (and all that knew him) thought would in a little time put an end to his Life. He had had it about a quarter of a Year, or ſomewhat longer, without any

any Relief from what he had taken; but going over a narrow Bridge in Frosty Weather, he fell over it into the Water, covered with Ice, in which he stood with his Mouth just above the Water, and made his way out as soon as he could; when he came home he got a warm Shirt, took some Broth, or other warm Liquor, slept well that Night, the next Day found his Cough almost gone, and within a very few Days was altogether free from it. He is a sober, creditable Fellow, yet living, and can attest the same. This happen'd before I knew him. I am, Doctor,

*Yours,*

R. Bettenson.

The same Man having the *Small Pox* when he was a School-Boy, after they had been out a Day or two, rose out of his Bed, put on his Cloaths, and played with other Boys, on which the *Small Pox* disappear'd, a purging followed, and continued a Fortnight, by means of that he escaped and was well.

A Gentleman that was my Patient here last Year, told me, That about Three Years since he had taken Cold, on which follow'd a Cough and Shortness of Breath, this continued about a quarter of a Year, he spit with it, and was emaciated and weaken'd so

ſo much, that he walked very feebly. Going to ſee ſome Friends near St. *Mongah*'s Well, he bathed there, and in three or four times doing ſo, was freed from his Cough, and in a ſhort time recovered his Fleſh and Strength, *&c.* as by bathing in theſe hot Baths, and drinking theſe Waters, he recover'd that Pain and Weakneſs of Limbs, which Rheumatiſm and Scurvy had left, *&c.* and I heard lately he is very healthful and well.

*R. Bettenſon.*

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*My dear Doctor,*

ACcording to your Commands I have (though very imperfectly) ſent you the beſt Account of the Cold Bath's Virtues, received by ſeveral of our Pariſh.

*Imprimis*, *John Plummer*, Tenant to *Richard Page*, Eſq; of *Uxendon* in *Parochia de Harrow*, &c. which you have already taken notice of.

*2dly William Taylor*, my Footman, put to a Carpenter in our Pariſh, in the Hamlet of *Pinner*, who ſerved about 3 Years, was ſeized with a Rheumatiſm in all his Joints; the Phyſicians were conſulted, they took away much Blood, and directed a ſpare Diet, *viz.* Water-Gruel, *&c.* for about two Months, which proved ineffectual

ctual. He was ſent home to his Indigent Parents to be taken care of; by their Advice I ſent him to the Cold Bath, and in leſs than a Months time he returned to his Maſter, and has continued well and luſty without Pains, (which is two Years ſince) and is (who was a Durgen before) become a ſtout proper Fellow.

*Thirdly*, *Samuel Greenhill* my next Neighbour, and a Man of a good Eſtate of his own, and Rents about 150*l.* *per Annum*; was ſeiz'd, as I think, in *May* laſt with the Rheumatiſm in every Joint, and continued ſo (though he had the help of ſeveral Phyſicians) for at leaſt ſix Weeks. He was wrapp'd up in Flannel, and not able to move without the aſſiſtance of ſeveral Perſons to help him. I directed him (by your Advice) to the Cold Bath. The day following he had my Coach, and bolſtred up with Pillows for his Conveyance, and immediately upon his arrival, (with a little reſpit after the Fatigue of his Journey) was put into the Chair, and let into the Bath; before three minutes were over he was brought up again; he then walk'd up Stairs and in an Hours time walk'd to *Clare-Market* to his Lodgings, at a Kinſman's: He had not before this Virtue receiv'd, been able to ſtir, yet in leſs than a Fortntghts time he recover'd his Health, and follow'd his

his Plowing, and is free this inſtant from Pains, and all his Swellings; tho' every Joint was as big as if blown up by a Bladder, yet were they reduced to their uſual bigneſs; he had no Stomach, but the firſt Night after he walked to *Clare-Market*, eat a very plentiful Supper of Fleſh (which he nauſeated from the firſt time of his illneſs.) I could add more, but I have had a Glaſs of Wine too much.

*Fourthly*, Your humble Servant was viſited with the ſame Diſtemper about three Years ſince; he had no more than one Phyſician, (but never without one for ſix Weeks together); he never ſtirred in his Bed without the help of ſix Perſons to remove him (though 'twas but one Inch); they took away, at leaſt, 170 Ounces of Blood, and had no other Diet than one or two at the moſt, of Water-Gruel, or Milk-Pottage for that time. He was able by purſuing of the above Directions to go upon Crutches; but coming to Town about a Week after, I went to the Cold Bath, and by the firſt going in, I was able without the help of Supporters to come to my Lodgings, and within a few Days was reſtored to perfect Health; and when the Pains have returned, by making uſe of the Water I have found the ſame Relief.

*Fifthly*

*Fifthly*, *S. Lathwell* this Winter has been very bad with the like ail, but in leſs than a Fortnights time was reſtored to the uſe of his Limbs, and now is well.

*SIR*,

If you and I were together, I could have given better Satisfaction than what you will meet withal from this Paper. I hope you will not Print it till I ſee you, (though I think I may ſwear to every particular): This is all the trouble at preſent you ſhall receive from

*Your humble Servant*,

*March* 9. 1701.

*Edw. Waldo.*

I have obſerved many times, that thoſe who uſe *Cold Baths*, are not ſo *Dry* and *Thirſty* as other People are; nay altho' very *Thirſty* when they got into them, yet after a little time their *Thirſt* ſhall *vaniſh* and *abate*. Diſcourſing on this Subject with my learned Friend, Dr. *Dring* of *Shirbourn* in *Dorſetſhire*, he told me, That he had read one *Alexander Aphrodiſius*, a Phyſician, who affirms the ſame thing.

And here I may very pertinently let you know (Sir *John*,) what my learned and good Friend, Dr. *Savery* of *Malborough* in *Com. Wilts*, told me on this Head, (by good

good luck) I have juſt now (unlookt for) found his Letter written to me two or three Years ſince, as I gueſs, for it is without Date; and that part of his Letter which relates to this Subject' I have here tranſcribed. His Words are theſe, *viz.*

'A few Days ſince, talking with a Coun-
'try-fellow of tolerable Senſe, about what
'would procure a Stomach to *Eat*; one
'propoſed *taking the Air*; another *Riding*;
'a third *Old Hoc*. Come, come! ſays my
'Fellow, I have tried all thoſe *ways* you
'talk of, but nothing is like going a Fiſh-
'ing up to the *Chin* in *Water* for an Hour
'or two, that will get you a *Stomach* I'll
'warrant you, nor am I *Dry*, &c. Dear
'Doctor I am

*Your's*

S. Savery.

Now, to ſolve this *Phænomenon*, and give a tolerable reaſon how Standing or Swimming in *Cold Water* ſhould quench *Thirſt*, ſince it will not be allow'd that it enters the *Pores* of the Skin; if it did, it could not get into the *Blood-veſſels*, and dilute the Salts there; no, I think there is but this one reaſon for it, which muſt ſerve until ſomebody offers me a better, *viz.*

That the ſudden plunge into *Cold Water*, cauſes a very ſudden Contraction, which Contraction driving the *Spirits* and *Fluids* from

from their preſent *Action*, *Poſture*, or *Poſts* they were in, may either diſlodge the *Salts*, or change their *Figure*, for they do not cauſe *Thirſt* until they ſettle, and ſting, and prick the *Membrane*; for whilſt they are ſwimming in the *Fluid*, they are *muzzled* and invelloped in the clammy and glutinous Parts of the *Menſtruum*. Now, though the *Salts* are ſettled, aud Thirſt is really commenced, yet by preſſing the Fluid out of the *Habit* into the *Channels*, muſt ſcower and waſh off the *Salts* in the current, and precipitate them by *Urine*; for we ſee Horſes, and all other Animals, generally *Piſs* when they come into *Cold Water*, which is done by *contracting* the Parts, *&c.* Or elſe the Reaſon muſt be this, all Water, *evaporates* continually, and the higher thoſe aqueous *Steams* riſe from the Surface of the Water, the more dilated and ſeparated they are, and mix'd with the *Air*, and conſequently by the Beams of Light, which is expanded *Fire*, are heated ſo, that they are not ſo apt to *cool* the inflam'd and thirſt-ſtung *Membrane*.

Now, when a Man is up to the *Chin* in water, his Mouth is ſo very near the Surface, that he ſucks the Steams of it into his Lungs *cool* and *crowded*, together with the *Air*, which is render'd much the cooler by mixing with the evaporating Particles of the Water,

Water, which being drawn by Suction into the Mouth ſo moiſtens it, as to make the condens'd clammy Spittle more *fluid*, and helps to facilitate Deglutition.

I could wiſh that the Chance-mongers of our Hap-nap-faculty would *Read* leſs, and *Think* more; at leaſt improve that *Reading* by *Thinking*, and not take a parcel of Stuff upon *Tick*, and Bury their Patients in a Tomb of *Book-Plunder*: They may as well preſcribe the powder of an old faſhion'd *Bed-Poſt*, as ſome of Old *Nicholas*'s Receipts *&c.* and to learn to know *Plants* more, and *Compound* leſs, which is the great *Aſylum* of Ignorance, blended and mixt up with *Knavery*. I remember when I was at *Leyden* in *Holland*, not much ſhort of 40 Years ſince, walking in the Phyſick-Garden, a *Scotch* Gentleman, a Student there, asked the Profeſſor, *Franciſcus de la Boe Sylvius*, What *Abſinthium marinum* was good for? The Profeſſor ſmilingly ask'd him, What Country-man he was? He anſwer'd, *Scoto-Britannus*. He ask'd him, If in their Metropolis, *Edenburgh*, they had not ſuch a Puniſhment as the Boot to extort Confeſſion from the ſtubborn Criminals? He anſwer'd Yes. Why then, quoth *Sylvius*, take this *Plant* in his luxuriant Seaſon, Root and Branch, and clap him into the *Boot*, and ſqueeze it hard, for without it *confeſſes*, I

doubt neither *Thee* nor I ſhall ever (truly) know what his virtues are. The moral is plain.

If a Man rightly conſiders the *Sympathies* and *Antipathies* between all created Beings, the myſterious and unaccountable *Ferments*, things broken and mixt have within themſelves; How often we miſtake, even in our greateſt Care, and take *non cauſa*, *pro cauſa*, and give that praiſe to the Medicine, which is more often due to Nature, and a good Conſtitution: If we conſider but that one Compoſition of *Gun-powder*, how nice it is; firſt no *Coal* will do but *Willow* or *Alder*, and that new burnt too, while the *fiery* Particles are in it, and ſuch and ſuch due Proportions of *Peter* and *Brimſtone*; if you take away a third of theſe, or abate in never ſo ſmall a quantity, or add never ſo little of a fourth thing, 'tis all ſpoil'd; how it muſt be granulated and corn'd that the *Air* may lodge in the *Interſtitia's*, or elſe it will Fiz, but not explode, as we may ſee in the bruiſed Duſt, of which they make *Rockets* and *Serpents*.

Now 'tis paſt doubt, that the ſame Parity of Reaſon lies in all Compounds, if we could find it out; every Plant which we call Simple, is compounded by the unſearchable Wiſdom of the great Compounder; for what can we ſay, when we find that the Root, Stalks, Leaves, Flowers, and Seeds, in many Plants have their different

*Taſts*,

*Taſts*, and different *Virtues*; why ſhould the Flowers of the *Sloe-Tree* purge, and the Fruit bind? ſo of the *Quince* and *Medlar*, &c. All that remains, is, let Men endeavour to know as much as they can, and be honeſt in that Knowledge. As for my own part, if I could wiſh or blow a Man well, I would do it without Medicine; I have I thank God a great deal of *Pity* and *Compaſſion* in my Nature, and cannot be eaſie, whilſt I ſee another in *Pain* and *Miſery*. And if I could but eſtabliſh ſome few Certainties in my Profeſſion for the good of Mankind, I did not care, tho' I my ſelf went as naked as I was born, to my Grave. I hope, Sir *John*, you, and all good Men are of my mind, and if every one would do a little, each ſet his Hand to the *Plow*, and be Sincere, Faithful, and Honeſt in what they diſcover, it would be pleaſing to *God*, and beneficial to *Man*. I deſign to go into *Lancaſhire* when the Seaſon is over at the Bath, to ſee my old Friends once more before I die. I ſpent the beſt part of my Youth among them, ſo can't but have a Love and Reſpect for them; and in my Journey ſhall call at *Litchfield*, to pay that Reſpect to Sir *John Floyer*, which is due from his

*Moſt humble and obliged Servant*,
Edw. Baynard.

I Had (Sir *John*) almoſt forgotten two or three remarkable Paſſages in our Cold *Regimen*, which ſhould not have been omitted, becauſe thoſe Caſes frequently occur. The firſt is in weakneſs of the *Penis*, and loſt *Erection*, often through ill cured *Gonorrhœa*'s and *Gleets*, &c. And ſometimes by that curſed School-wickedneſs of *Maſturbation*, (*res fœda dictu*) by which many a young Gentleman has been for ever undone, which ſo weakens the Parts, that when they come to Manhood renders them (to Women rediculous, becauſe) Impotent, a Vice condemn'd by the Heathen Poets, *&c.* as *Martial*, Epigram. in *Ponticum*, *&c.* ſuch, I ſay, I have known perfectly cured, and made Potent ad——, *&c.* when all other Remedies have fail'd, nay, and after ſome Years ſtanding, when the Caſe has been old, and no hopes of Cure ever expected; where the *Cremſter's*, the Muſcles of their *Teſtimonies*, have been weak, and the Clock-weights of their *Hearts* ſunk and hung low, *&c.* there I ſay, in more than Twenty ſuch Caſes the Cold Water (together with a very little other help) has wound up their Watch, and ſet their *Pendulum in ſtatu quo*, *&c.* One Hiſtory whereof is moſt remarkable of a certain Gentleman well-known about Town for his great Strength and Courage, (ſince kill'd in a *Duel*) who was

not

not ſhy of his unhappy Diſaſter, after taking all the Clap-*Courſes* over and over to no purpoſe, but to his Deſtruction, by needleſs repeated *Bleeding* and *Purging*, which brought him down almoſt to the Brink of the *Grave*; he ſent for me to conſult me in his Caſe, which was a violent *Gleet* and loſt *Erection*, of four Years ſtanding, and not above 29 or 30 Years of Age. I told him I would try what I could do for him; in order whereunto, I bid him go into the Country, out of the ſight of any *Women*, and find out ſome very *Cold Spring* or *River*, where he ſhould firſt plunge over-head, then put on his Shirt, Coat and Hat, to prevent catching Cold from the Wind and Air, and ſit up to the Waiſt for an Hour at leaſt, Night and Morning, and for a Month drink nothing but new Milk twice a Day ſweetne'd with Sugar of Roſes; at Noon eat well-roaſted-Mutton with Cold Salets, as *Cucumbers*, *Lettice*, *Purſlane*, &c. and drink nothing but *Spring-Water* with a little *Claret-Wine*, and at Night wrap up his *Whore-Tackle* in a Linnen-Cloath, wet in ſtrong Vinegar and Claret-Wine, and ſo to Sleep; which Directions he punctually obſerved, and in leſs than 14 Days he was as well as ever he was in his Life; but I doubt returned to his old Trade, and Womaniz'd as much as ever. And in ſeveral

others, I have found nothing better than *Cold Immerſion* to invigorate and ſtrengthen all thoſe Parts, nay, even when the Patient has been reduced almoſt to *Diſpair* and ſome to *Diſtraction*, their Heads running perpetually on the Ruin of themſelves and their Poſterity. And I muſt ſay, that thro' the many miſerable Spectacles, and ſuch deplorable Caſes I have ſeen, that *Poxes* and *Claps*, &c. is the greateſt Curſe that can befal a Man in this Life. And I here declare, as old as I am, rather than have any Infirmity in that Corner of my *Microcoſm*, I would chuſe to be hang'd this moment; for a Man does not only ruin himſelf, but docks the *Intail* of his own *Blood*, and brings a *ne plus ultra* on his *Name* and *Family*; ſo that one falſe Step in the *Whoring Adventurer* is not only the Ruin of *himſelf* but all his *Poſterity*, a conſideration of Note and diſmal to reflect on, eſpecially to ſuch miſerable Wretches, whoſe Folly and Incogitance has embarqu'd 'em in the Misfortune, from which, neither the Skill of the *Learned*, the Prayers of the *Devout*, nor the Treaſures of the *Indies*, can ever retrieve 'em. And therefore *Sylvius*'s Definition of the *Pox* was the beſt I ever met with, having *Brevity*, *Perſpicuity*, and *Verity*, when he call'd it,

*Flagellum Dei in Scortatores.*

*Sharp is the* Laſh *whips off their* Noſes.

So

So an old Harlot-hunter complaining of his many Misfortunes he receiv'd from Women in the courſe of his Life, but nothing griev'd him as much (he ſaid) as the loſs of his Noſe; quoth one in the Company, cheer up Friend,

*At the Day of Judgment 'twill come again,*
*As a ſnuffling Evidence of thy Sin;*
*Tho' here among our nicer Beaus*
*The Dreſs lies more in Whig than Noſe.*
*And when embezl'd from the Face*
*'Tis 'mong 'em reckon'd no diſgrace,*
*Provided you wear a* Patch *in its Place.*

It may be objected here, that ſome that have had the *Pox* have begotten ſound Children. I grant it, ſuch as have appear'd ſo at leaſt, yet it has lain ſmothered in their *Bloods*; and either ſuch Children, when grown up, have proved ſickly and weak, or their Children been *Rickety*, *King's Evil'd*, or *Conſumptive*; for the *Shakes* and *Girds* ſtrong Phyſick gives the Human *Fabrick*, muſt looſen ſome *Rivets* and *Pins*, as I may ſay, that ſhould go to the faſtening of the Foundation of his *Family*: So true is that ſaying of *Galen*, Lib. *de ſectis prope finem.*

*Neque impune poſſe adminiſtrari remedia, cum omnia præter naturam ſint, ab idque naturales facultates infeſtent, nec poſſint adeo morboſas*

*boſas Cauſas reſcindere, quin una illis aliquid etiam benignæ ſubſtantiæ rapiant.*

And this is that which cauſes no good Texture in our *Off-ſpring*. Hence, the complaints of *Mala ſtamina vitæ*, when the *Web* and the *Woof* are not well ſtruck together. How many Children have I heard (from their bitterneſs of Soul) curſe their Parent for begetting them, the wretched Heirs apparent to *Pills*, *Potions*, and *Poſſet-drink*, dwindling out the ſputtering *Snuff* of *Life* in Pain and Miſery, and ſpending their little Subſtance among Phyſick-*Harpies*, and their ravenous Attendants *Nurſes*, *Quacks*, *Apothecaries*, &c. Were I a young *Woman*, I think I ſhould very well be acquainted with my *Man*, and his *Manners too*, e'er I ventured on the Voyage-Life, in the Ship Matrimony; and *è contrario*, the Man ſometimes has been Shipwrack'd on as *Rotten a Bottom*, &c. In this wretched Condition, I find ſome of our *Engliſh-men*, and thoſe of the beſt Quality, in the time of *Henricus ab Heers*, frequented the *Spaws* in *Germany*, in hopes of a cure to their languiſhing *Prologomena*, whom he mentions in a *Joco-ſerious* ſort of Stile, by the Name of *Mylordi*, whoſe Words are theſe, *viz.*

*Illuſtris quidam Anglus, quos Mylordos, hoc eſt dominos per excellentiam nominant, Spadam venit ante annos quindecim impotentiæ re-*

*me-*

*medium quærens, &c.* This unhappy Gentleman could not touch a Woman, but *ad primum labiorum contactum ſemen emittebat, ſed imbelle & prorſus aqueum & ſero ſimillimum; uxorem duxerat annos natam ſedecim, ſed quam toto biennio, etiam ſe fatente, non devirginaverat; optime erat habitus, corpore procero, euſarcos, genis rubentiſſimis.*

One may look *brisk*, with *Cherry-Cheek*,
And yet *below Stairs* very weak.
That Woman's in a doubtful Caſe
That builds her hopes upon a *Face*;
As one was cheated, when ſhe choſe
A *Husband* by the length of's *Noſe*.

*Non ſemper inferius, ſicut ſuperius.*

He tells you of many ſuch Caſes, wherein they came to the *Spaws* in hopes of help; but as much as I can perceive, he boaſts of no Cures by thoſe Waters in that Caſe, but that they return'd *re infectâ*.

I remember he tells one odd Story of a young Man abus'd by the too much uſe of *Guaiacum*, whoſe Hands all chopt in croſs Chops, like an Iron-Grate, and all his Skin broke out into a *Lepra* or *Elephantiaſis*, which had ſo parch'd and dry'd his *Liver*, that he cured him by laying him under a *Spout* of a Mill, and let the Water run upon him, and gave him Cryſtal with cooling things to drink,

drink, especially store of *Whey* with *Sal prunellæ*, &c. *Deinde in strumineo lectulo sub altissimo molendino, sufframinato hunc in usum jacentem, stillicidium ex alto in Hepatis regionem cadens excipere aquæ gelidissimæ neque motu neque solaribus radiis calefactæ; hoc cum mane & sequibora ante cœnam aliquot dies fecisset, & sanissimus & pulcherimus factus.*

I much wonder why he should say, *Neque motu, neque solaribus radiis calefactæ*, because 'tis well known, that all *Liquids* the swifter their Motion, the cooler they are, especially Water; for that which stagnates is only warm by the heat of the Sun; at least warmer than *running Water*; and we see in scalding hot *Water*, the faster it is pour'd out of one Vessel into another, the sooner it cools; but the swiftest Motion that can be in *Nature*, or contriv'd by *Art*, cannot make Water that is actually *Cold*, in the least degree *Hot*: Swift Motion indeed, by the Contrition of solid hard *Bodies*, will wax *Hot*, *Smoak*, and *Flame*, as in *Wheels*, &c. but in *Liquids*, *hujus contrarium est verum*; and I have seen a Smith take a small Bar of cold tough *Iron*, and in less than five or six Minutes time has hammer'd it on a cold *Anvil*, until it has been *red Hot*. But to the Business.

Capt. *Dampier* in his Journals of his Voyage round the *World*, gives an Account that the

the *Achineſe* very much delight to waſh in *Cold Water*. His Words are theſe, *viz.*

'They are here, as at *Mindanao*, very 'ſuperſtitious in waſhing and cleanſing 'themſelves from Defilements, and for that 'reaſon they delight to live near the *Rivers* 'or Streams of Water. The River of *Achin*, 'near the City, is always full of *People* of 'both *Sexes*, and all *Ages*; ſome come and 'waſh themſelves for the pleaſure of being 'in the Water, which they ſo much de-'light in, that they can ſcarce leave the *Ri-'ver* without going firſt into it, if they have 'any Buſineſs brings them near. Even the '*Sick* are brought to the *River* to waſh. I 'know not whether it be accounted good to 'waſh in all *Diſtempers*; but I am very cer-'tain from my own *Experience*, it is good for 'thoſe that have the *Flux*, eſpecially Morn-'ings and Evenings, for which reaſon you 'ſhall then ſee the *Rivers* fulleſt, but more 'eſpecially in the Morning, *&c.*

And in another place he ſays, I was per-ſwaded to waſh in the *Rivers* for the Reco-very of my *Health*, which I did Mornings and Evenings; and tho' it ſeemed ſtrange to me before I tried it, yet I found ſo much comfort in the firſt trial, that I conſtantly applied my ſelf to it. I went into the *River*, 'till the Water was as high as my *Waſt*, and then I ſtooped down, and found the Water

ſo

ſo *cool* and *refreſhing* to my Body, that I was always loth to go out again; then I was ſenſible that my *Bowels* were very *hot*, for I found a great *heat* within me, which I found refreſhed by the *cool Water*, &c.

I remember an old *Fiſher-man* that formerly liv'd at *Hammerſmith*, who told me, That little Sleep and cool Diet, and thin Cloaths, were the only means to live *healthful* and *long*, and that *Water-Air* made him eat heartily, and that he was a great lover of *Salt-fiſh* and *Parſnips*, and when he did eat any of his own freſh *Fiſh*, he eat them always *new*, and always boil'd, never fried, as being eaſieſt of Digeſtion, and eat them the *Dutch* way, brought to Table in the Liquor they were boil'd in; and that at any time when he was uneaſy, and could not Sleep on Shoar, he went into his *Peter-Boat*, and the coolneſs of the Air, and the rocking of the *Boat* on the Water, made him Sleep ſoundly. He alſo often waſh'd in *Cold Water*, and his Hands and Arms always dabling in Cold Water, drawing his Nets both Winter and Summer: He wore but a thin woollen *Waſtcoat* next his *Shirt*, and was a luſty tall *Man*, could both hear and ſee well, did neither *Stoop* nor *Tremble*, and died of an acute *Diſeaſe* at a *Hundred and three Years of Age*. I am told he died of a *Pleuriſy*, his Name was Good-man *Savory*, who for his

Strength

*Strength* and *Vigour* might very well have lived forty or fifty Years more; and I think 'tis ſince he died about eight or nine Years.

I find no Men live ſo long and healthful, as the Waſhers and Dablers in *Cold Water*. There is now living at *Chiſwick* on the River of *Thames*, one old *Sutton*, a Fiſherman, who they ſay is more than *a Hundred Years old*; he own'd to me three or four Years ſince, that he was almoſt a hundred, he tugs at the *Oar* in all Weathers in a thin Waſtcoat, and cries his *Flounders* about Streets with as ſtrong a Voice as any Man of but thirty Years of Age; he is a fat, ſquat, ſhort, ſurly *Old Fellow*, and his Food is for the moſt part *Brown Bread and Cheeſe*, and his Drink, (when he can get it) mild clear *Beer*. This I had from his own Mouth. He is ſince dead of the Stone; and was a hundred and five, or ſix, when he died; of which he lived in miſery and pain the laſt 2 or 3 Years, and never felt the leaſt Symptom of it, until he was frighted by having his Boat ſunk between two Lighters, and he in it; then he immediately piſs'd Blood, and complain'd of a great weight and pain in his Bladder. Thus you may ſee how long a Diſtemper may lie dormant, 'till rous'd up and awak'd by ſome Accident; but of this the Lithotomiſts have many Inſtances.

I have known in my time many old *Water-Men and Fiſher-men*, full, or near to a hundred. And I am told, That at *Whitny* in *Oxfordſhire*, thoſe who work at the *Blanket-Mills*, carry wet Blankets in their Arms next their Breaſt, Winter and Summer, and never catch *Cold*, and live to extream *Ages*.

There was a *Fiſhmonger*, who had a Son put Apprentice to a *Scrivener* or Attorney, but had not ſtrength to hold a *Pen* to write, through the weakneſs of the *Joints* of his *Fingers* and *Wriſt*, which he had for ſome time labour'd under; ſo that his Father was forced to take him home, and being imployed in his own Trade by often dabling and wetting in *Cold Water*, ſoon recovered his Strength, and is as well as any Man.

How refreſhing the pouring of Cold Water out of one Veſſel into another, is to thoſe in Fevers, I can teſtify, and many have been by the cool and noiſe of that *Action* lull'd aſleep. And Capt. *William Wicks* Apothecary on *Ludgate-Hill*, *London*, told me of an Acquaintance of his, that was given over in a *Fever* by his Phyſicians, that was by his Brother-Trade recovered, by getting Hands enough, and perpetually pouring round his Bed *Cold Water* out of one Veſſel into another, until he fell aſleep, and

and by that means recovered. And I remember, that my Learned and Good Friend Dr. *Upton*, told me of one ſo recovered in *Newgate-ſtreet*, whether it was the ſame *Perſon* or no, I cannot tell. I have alſo known that the ſtriking of the freſh and green *Boughs* of Oſiers, Willow, Poplar, Elder, *&c.* round the Bed, has refreſh'd the Sick, and often induc'd Sleep, even where *Opium* has fail'd.

That Cold Water concenters the *Spirits* and ſtrengthens the *Nerves* and muſculous *Fibres*, by bracing them, as it were, like a *Drum*, when the Parchment-head is relax'd, is very evident by this Experiment of two Boys running for a Wager a hundred Yards, more or leſs, let the Boys be near of a Speed and Strength, take the *Boy* that loſeth and dip him in *Cold Water*, and then let them run a ſecond time, and the loſing Boy ſhall beat the other, *&c.* And talking on this Subject, I remember that a *Gentleman* told me, That when he was a *School-Boy*, they uſed to lay a *Twig* on two forked Sticks parallel to the Ground, and to jump over, and he ſaid that he always obſerved, that when he had been in the *Water*, he could then Spring much higher than at any other time.

Dr. *Griffith*, a Learned and Ingenious *Phyſician* of *Dublin*, I met at the *Bath*, who told

told me of many People, both in *Fevers* and *Small-Pox*, who in their Deliriums have run into the *Cold*, nay, even into the *Snow*, and have recover'd without any harm or accident.

At St. *Mungah's*, the Cold Spring in *Yorkshire*, 'tis the Custom of the Country People, especially those that are superstitious, to carry as much of the *Saint* away with them as they can; and as a sort of Mortification to quench (as they think) Concupiscence, they not only *Bath*, but when come out put on a *wet Shirt* or *Smock*, (this I have known both Men and Women do) and so Walk or Ride home, and let their Shifts dry upon their Backs; but the Effect has prov'd contrary to their Expectation, for when dry and warm, they have found *spicula Veneris acuit frigus*. And I have heard an old *Carkas-man* say, who had been a great lover of *Cow-Beef*, that the Temple of *Venus* was a *Pond of Water*, for she that was born at *Sea*, was out of her *Element* on dry Land, *&c.* And Dr. *Savory* told me, That that Fellow which he mentioned in his Letter, that used to fish up to the Chin in *Cold Water*, found it did *Ad venerem stimulare*, &c. and several of our Winter-Bathers (nay even in Frost and Snow) have complained that all the Injury they found by *Cold Bathing* was, that it did *famem ac venerem nimis augere*, which made one say,

*Cold*

*Cold Bathing has this Good alone,*
*It makes* Old John *to hug* Old Joan.
*And gives a ſort of Reſurrection*
*To buried Joys, through loſt* Erection.
*And do's freſh Kindneſs's entail*
*On a Wife* Taſtleſs, Old, *and* Stale.

To prevent *Abortions*, and ſtrengthen weak *Wombs*, 'tis one of the beſt Remedies in the World, eſpecially if ſhe goes into the Bath towards *Bed-time*, her Dinner being digeſted and paſt off; and in ſome Women to loſe a little *Blood* a day or 2 before, is good.

And a Gentlewoman of good worth this Summer at the Bath told me, that labouring *cum menſium fluxu immodico*, after having tried all the Phyſicians of the beſt repute, and ſwallowing Bolus upon Bolus, together with a Scavengers Cart full of all their other *Shop-ſlops*, and brought to the very brink of the Grave, with unneceſſary and nautious Doſes, which gave not the leaſt check to her Caſe, reſolv'd to try the Cold Bath, and in a very little time was perfectly recover'd, and grew Agil, Fat and Strong. Another Lady in the ſame Caſe, had a ſpeedy Cure by the ſame means of cold Immerſion, even in the very Teeth of thoſe Blockheads that grin'd at the propoſal of Cold Bathing, but when they ſaw that ſhe was recover'd and well, they fled with

a bluſhleſs Face to their old Sillyiſm, *Ha! Lord! who would have thought it?* Now to reaſon a little why Men (and ſome of them Learned Men) ſhould even againſt Conviction oppoſe Cold Bathing, is a Paradox, ſurely the reaſon muſt be the ſame with that of *Nonjurantiſm*, [redacted], not but that the thing is clear, and they ſee their Error, but the Thought (forſooth) was none of their own, or that they were not let into the Secret time enough, ſo for ſhame come into the Vineyard on the eleventh hour of the Day; and tho' it has done Cures next to Miracles, yet haughty pride and ſtubborneſs, with an elated Brow, and a ſwoln Breaſt muſt roar and belch againſt it to the end of the Chapter, becauſe it an't me, I'm not the Man that has broach'd and tapp'd this Cask of the beſt, tho' ſtaleſt Liquor, of more than 2000 Years old,

*Oh! Self, ſelf, what a Selfiſh thing art thou?*
*——Like the Dog in the Manger*
*Will neither eat himſelf, nor let the Cow.*

In the beginning of Fevers, *expertus loquor*, in many Caſes I have ſeen it to cure and take off the *Febrile Heat* and *Thirſt*, at the very firſt Immerſion. And I my ſelf about the middle of *July*, *Anno* 1702. became very feveriſh, (I ſuppoſe from drinking of *Milk*

*Milk* upon eating *Melon*, when I had been faſt walking and very *Hot*) my *Tongue* was rough and white, my *Mouth* clammy, and an ill taſte, my *Urine* of a bright amber Colour, but no Separation by ſtanding, nor blue ſtain on the Glaſs: I ſlept very diſturbedly, and had a quick high towring *Pulſe*; had ſtrange *Flaſhes* in my *Blood*, like Wild-fire, which I could perceive in my Face, Neck, Breaſt, and extream Parts, (and *God* forgive me, not ſo well prepared for a Journey to the other *World*, as I ought to have been) and found the *Fever* to kindle upon me, and dreading the conſequence of being *delirious*, knowing that the *Executioners* would crowd in upon me, and encere me alive in a Sheet of *Bliſters*, &c. theſe Conſiderations were terrible to think on, and that ſomething was to be done quickly whilſt I had my Senſes, and durſt not *Bleed* in a pale *Urine*: I took half an Ounce of *Crem. of Tartar* in the Bath-water, which gave me three or four Stools, which made me much worſe. I Sweat extreamly ſpontaneouſly before I took the *Crem. of Tartar*, but had no Relief by it at all. I called my Servant to get ready my Swimming Shoes, (for I have a tender Foot, and can't tread upon the Stones) ſo down to the River went I at Nine a Clock at Night, and in leap'd over Head and Ears, as they ſay, and Swam

up and down for ſome time under half an hour; ſo home I came, and to Bed I went; I found my ſelf in a ſtate of Neutrality, neither better nor worſe. I at the *Cold Water* again the next Day, and Swam longer than the firſt time, and came home as well as ever I was in my Life, and eat *Veniſon-Paſty*, and drank a Bottle of *Claret* for my ſhare; but I continued Bathing in *Cold Water* two or three Days for fear of a *Relapſe*, &c. And in this place I think it will be very pertinent to inſert that moſt remarkable Caſe, mentioned by the Learned Dr. *Willis*, in his Chapter *De* Delirio *&* Phrenitide, Cap. X. Pag. 265. whoſe words are theſe, *viz.*

*Olim ad Ancillam robuſtam, quæ febricitans, & ſummè inſaniens, continuè in lecto vincta tenebatur, curandam accerſebar. Huic ſanguinem copiosè & dein iterato mitti, alvum ab enemate crebro ſubduci, quin & alias quaſque adminiſtrationes, & in hoc caſu uſitatas, ordine celebrandas præcepi; interim Julapia, Emulſiones, & Hypnotica propinavi: verum his parum aut nihil juvantibus, per ſeptem vel octo dies illa inſomnis uſque, & furioſa admodum perſtitit, Potum frigidum ejulando & clamando perpetuò expoſcens; quapropter Hydropoſia ad libitum, immo ad ſatietatem conceſſa, nequaquam ſedatior, aut ſitibunda minus facta eſt; itaque juſſi (ſiquidem tempus æſtivum fuit) ut media nocte*

à

*à maliribus ſublata & foras perducta cymbæ imponeretur, dein veſtibus exuta & vinculis ſolutæ fluvio profundo immergeretur, funè tantum circa corporis truncum ne forte ſubmerſa interiret alligato. Verum iſtiuſmodi retinaculo nihil opus fuit, namque puella ut vix melius vir quiſpiam artem hanc probè edoctus, ſponte natabat. Poſt tertiam aut quartam horæ partem, ſana ac ſobria aquis eximitur, dein lecto commiſſa dormivit, & copiosè ſudavit, poſteáque ſine alio quovis remedio convaluit.*

*Curatio hæc tam ſubito & feliciter ſucceſſit, in quantum flammæ tam vitalis tam animalis ſimul in immenſum auctæ exceſſus, à proprio ignis intenſioris remedio ſcilicet Humectatione & infrigidatione ab aquis tollerentur.*

Now, what can any Man ſay againſt this Relation, for 'tis impoſſible to invalidate *Fact?* What Strains and Shifts muſt the *Antipſychrolites* be at to make null and void this *Story?* A luſty ſtrong *Wench*, raving and bound in her Bed, reſtleſs ſeven or eight Days without *Sleep*, with ſuch an intenſe *Thirſt*, that nothing could quench it, nor *Opiats* in the leaſt aſſiſt her, perpetually crying out for *Drink*, &c. and yet in leſs than a third part of an Hour was by *Cold Water* perfectly cured. Really this her Recovery was more wonderful than her *Swimming*, which ſhe did to Perfection, though probably never was in *Cold Water* in her Life be-

fore. I ſay, What can the *Phyſick Zany*, the *Jack-Pudding* of the Town ſay to this, that Reverſe and *Antipode* of Learning, Modeſty, and good Manners, that grins at, and ridicules (to the length of his ſhort *Tedder* of Underſtanding) every thing that the weak Fibers of his own wretched *Nons* can't *Graſp* and *Comprehend?* An Ingenious Man uſed to call this Fellow the *Phyſick Town-Top*, a Log of Wood with a *Braſs Noſe*, that was laſh'd and kept up by other Mens *Mettle*, more than his own, whoſe Excellency lies in a Row of ſilly worn out threadbare, chaw'd-over *Stories* and *Jeſts*, ſuch as ſerve to make *Fools* laugh, and *wiſe Men* ſhake their *Heads*. Such another *Guinea Hocus* as this, I was in Conſultation with, a ſort of a *Town-Top* too, tho' not ſo very wooden as the other; the queſtion was, whether a *Hot* or *Cold Bath* was moſt proper in a certain Caſe? A *Quaker* ſitting by, and hearing *Top minor* ſpeak very ſilily to the Point, told his Couſin, the Sick Man, that he did not expect a Bleſſing on this Conſultation, becauſe he that ſpoke laſt, he found by his Diſcourſe he was an *Infidel*, and had no *Faith:* No Faith, quoth the *Doctor*, how ſo? Why, quoth the *Quaker*, I am ſure thou haſt no Faith; for if I ſhould tell thee (before all this Company) that thou art a *Coxcomb*, thou wilt not believe me, ſuch is thy little inſight into thy

ſelf; and I am afraid that thou knoweſt as little of my Kinſman's *Caſe*, as thou doſt of thy own Weakneſs; upon which *Top-minor* grew angry, and ſpun out of the Room.

## *To his Friend, Dr.* Baynard *at the* BATH.

*London, July 9th,* 1702.

*SIR,*

HEaring of ſo many wonderful Cures done by your Cold Bath, the Reputation of it has almoſt perſwaded me to try it my ſelf, if you think it proper for me. I ſometimes being troubled with wandering Rheumatick-pains, and being no admirer of much Phyſick, I would gladly take the ſhorteſt Courſe to be well: So underſtanding by reading Sir *John Floyer*'s Book, that you are the only Man that have made Obſervations of both *Hot* and *Cold Baths*, conſequently you muſt be the beſt Judge in what Caſes they are moſt proper. But in my own Opinion, I rather incline to *Cold Immerſion* from an Experiment, or rather happy Accident that befel my ſelf, which was this; I was formerly much troubled with a ſort of little flat Worms that I ſhould often void in my Excrements; but on a certain time going to Swim in a very cold deep Pond, that was

fed with many Springs, when I came out I found in my Stool, a great Cluſter of the Worms, and from that time was never more troubled with them. I only tell you this as Fact; the Philoſophy of it I muſt leave to you and your Brethren, to determine the why, and the how, this Cure was wrought; ſo expecting your advice by next Poſt, I am, dear Sir,

*Your humble Servant,*

Jo. Eldred.

Direct for me at the old Houſe, *Ludgate-Hill.*

I remember that a Gentleman of good worth (laſt Summer at the *Bath*) told me, That he went into St. *Mongah*'s with Crutches, and was in ſix or eight times Bathing ſo much reliev'd as to walk with an underhand Stick: But forced by his Affairs to a Journey for *London*, and his Diſtemper threatning a return, his Caſe being a *Palſey* with a *Tremor*, complicated ſometimes with a *Rheumatiſm*, or (what was worſe) a *Running-Gout*; and reſolving from his laſt ſucceſs in *Yorkſhire* to try the *Cold Bath* at *London*, went firſt to his *Phyſick-Flinger*, the Goggling *Goliah*, to hear what that *Loftineſs* could ſay to his Caſe. This puff'd up *Apollo*, ſo bloated with *Fool's Breath*, as if the *Calf* had been Prickt and Butcher-blown, look'd

look'd ſo magiſterially upon me *(quoth he)* with a Claret-ſtew'd *Phyz*, betwixt Roaſt and Sod, together with his uſual Hypocritical *Grin*, that the Figure of the Fellow like an *Uniſon* in Muſick, ſtruck that String of my Chops, which his Face had tuned, which made me Grin too, to behold him; but having Preſence of Mind, I ſoon ſhifted my Face into a Scene of Gravity, and mumbling my Mouth ſomewhat faſhionably, I accoſted the *Idol* with a Guinea, and my Caſe, who after a Brace or two of unmannnerly Belches, and a ſhort Pauſe, ask'd me a Brace or two of as impertinent and unſuitable Queſtions to my Caſe; but ſoon and peremptorily concluded, that it was an ugly Scurvy in my Blood, cauſed by too many Acids there; ſo put me into a Courſe of Sweetners, as he call'd them, the principal of which was a Quart of thin Cuſtard-like-inſipid ſtuff, *Egſhelated*, call'd by his Learned Apothecary, the *Oriental Pearl Emulſion*; in the good nature of which Medicine I was to acquieſce, until further orders; ſo hobling off with my ſcrap of preſcription, I turn'd ſhort on his Worſhip's patience, and ask'd him what he thought of the *Cold Bath?* Z---ds it will kill you (quoth he in Sputter and Paſſion) it will kill you. But hearing ſo often that this Oracle was no Oracle, by his many miſtakes in his forward, falſe

and

and fooliſh Prognoſticks, even ſhort of the Old Wife's Sieve and Sheers; and being vext for being a Bubble to a Blockhead, and Guinea-bit for my ſenſeleſs Curioſity, I went next Day to Mr. *Bayns*'s, and took Lodgings at the *Cold Bath*, and was (I thank God) much mended, tho' not Cured, by a few Immerſions; and after I have drank theſe Waters ſome time, I'll return home to my own Houſe, where I have a Cold Spring, and try what Faith and Cold Water will do for me; for of all the many things I have hitherto uſed, nothing has done me ſo much palpable and apparent good as Cold Immerſion; and in this, and ſuch like Caſes, I am well ſatisfied that all the confident and moſt *Corinthian* aſſurances, are but proſtituted Hopes and Promiſes of your trifling Preſcribers, when they are at a loſs and ſtand, either in the Cauſe or its Cure, ſo fly to their laſt ſhifts of Buffoonry and Ridicule, making it their Buſineſs to Decry and Invalidate any thing that may have a probable countenance towards a Cure: for what is not the product of their own thoughts, muſt certainly ſully and blacken their Reputation, as Cold Water has done in a hundred Caſes, honeſtly and openly in the face of the *Sun*, without Trick, Artifice or Juggle; at which ſome of the more modeſt have drawn in their Horns, and calm-

ly

ly acquiesc'd in the weak Man's wonder, *viz.* L--d! Who would have thought it? for *magna est veritas ac prævalebit*; for tho' Fact may be obscur'd and hid for a while, yet it can never be stifled and annihilated.

Another of this class, a Man of no mean Magnitude once, but now despis'd and p--s--d upon, a Fellow of a *Gelt* and *Castrated* reputation, for having outlived that set of *Fools* that once admir'd him, he can beget no more; this Man, I say, being ask'd by a Melancholy *Patient*, his opinion of a *Cold Bath*? answered him in making Mouths, with strange distortions of Chops and Nose, and after his Face had entertain'd him with turning the Somerset a while, he by degrees broke up his Grimace, and swore it would kill him.

Now I would fain know what it is that frights all these foolish People, and makes their Heads run thus upon killing? how can a Man's washing himself in *Cold Water* kill him? 'Tis but of late Years that sprinkling came in and was us'd in *Baptism*; and what I pray became of all the *tender* new-born *Infants*, that were made *Christians* by *Immersion* in a cold Marble Font, in a damp Church, in cold hard Winters, and the worst of Weather sometimes? what, were all these Children *kill'd*? I am apt to think the *Devil* has scatter'd some of his Hell-

Grubs

Grubs in their Sculls, and fly-blown their *Underſtanding* to a degree of *Lunacy*, leſt the old way of *Immerſion* ſhould come into the World again: not that I am an *Anapaptiſt*, for I was Sprinkled my ſelf, and a ſprinkled *Chriſtian* is better than none; for I put no great ſtreſs upon the form, provided a Man believes well, and lives well; for he is my *Chriſtian*, that ſhews me his *Chriſtianity* by his Faith, his Faith by his good Works, *&c.* But this being the *Parſon's* Province, I have done.

Some years ſince Mr. *Ellysby*, the preſent Miniſter of *Chiſwick*, near *London*, a tender weak Man (a Man of a ſingular *Life*, and good Learning) by the advice of Dr. *Cole*, Dr. *Gibbons* and my ſelf, was directed to the uſe of the *Cold Bath*, for it was made in a *Tub*, ſo not cold enough for the purpoſe deſign'd, however he found ſome benefit; and I am inform'd by ſome of his Pariſhioners, that this preſent Summer, he has very often uſed the *Cold Bath* at *London*, and is Cured of his tenderneſs to a ſtrange degree, and is become a new Man for Vigor and ſtrength.

Dr. *Graenvelt*, a Man famous for his great Cures in his Art for Cutting for the *Stone*, call'd me in to a Patient of his, a *Dutch* Gentlewoman, where I propoſed a *Cold Bath*, which ſhe uſed with much benefit,

fit. But here by the way, note, That a certain *Physician* told her, it would kill her, which after he saw the Effects of Cold Bathing, he much blamed himself for his forward and rash *Censure*. The Physician is since Dead, but this Passage Dr. *Groenvelt* very well remembers. I have almost forgotten her Case, but I think it was a Pain in her Back and Sides, with weakness of her Limbs.

One Mr. *Carter*, a Woollen-Draper on *Ludgate-Hill*, received a great Benefit, and a perfect Cure by the Cold Bath; but what his Case was, I have forgotten: he lives at the *Golden Key*; any Man may inform himself; I think it was a Rheumatism.

Mr. *Truby* at the *King's Arms* at *Fleet-bridge*, now in *Bath*, told me, That one Mr. *Harrison*, a Gentleman in his Neighbourhood, is this present Summer perfectly recovered of a severe *Rheumatism* by the Cold Bath; and a Man in years, at least Sixty.

I could give almost a hundred Instances of *Rheumatisms*; but one the most severe that ever I saw, in a young *Woman*, Daughter to the Inn-keeper at the *White Horse* in *Fleet-street*, perfectly cured by the *Cold Bath*; where any that would be farther satisfied, may inquire. I think her Mother told me, she had laboured under it (at certain Seasons) some years; she was aged about fourteen or fifteen.

The

The *Itch*, that ſeemed almoſt *Leprous*, with maturated *Boils* on the whole Body, eſpecially on the *Hands*, which ſwell'd the *Fingers* to ſuch a degree, together with the ſoarneſs of the Chops in the folding of the Hands, I have known cured in four or five Immerſions, ſo that the *Bladders* that ſeem'd maturated and full of *Pus*, have ſhrunk and ſubſided, and peel'd off without any *Phyſick*, but only moderating his Diet, and forbearing ſtrong *Drink*, and uſing *Exerciſe*, &c. Now in ſuch Caſes, how often have I known the poor Patient brought to the *Phyſick-Rack*, viz. *Bleedings*, *Vomitings*, *Purgings*, *Diet-drinks*, *Oyntments*, &c. together with the whole *Inquiſition* of *Warwick-Lane*, *Mugwell-Street* and *Apothecary's Hall*; and all to as much purpoſe, as he that rod Poſt with a hang'd Man behind him, to read an Anatomical Lecture to the Mayor of *Queenborough*.

A *Gentleman* of good Account, though a modeſt Man, bluſhingly gave me this Relation in reference to *himſelf*, who for ſome time paſt had great trouble in his *Urinary-paſſages*, and Pain at the Root of his *Yard*, and about the Region of the *Bladder*, inſomuch that he had reaſon to ſuſpect ſome *Ulcer* or *Excoriation in Collo Veſicæ* by the *Slime* and *Sordes* that came away in his Urine; he alſo had a *Lacrymæ Veneris*, or old

old Gleet, which at that time was very ſevere upon him, together with weakneſs of *Erection*, &c. who was cured by a ſtrict preſervance in this following Method, *viz.* He firſt gently purged two or three times with *Caſſia* and *Tamarinds*, Syrup of *Violets* and *Peach-Flowers*; inſtead of Poſſet-drink on his purging-days drank plentifully of *Whey* clarified with ſome opening and cooling Plants; and at other times drank *Lime-water*, in which was ſteep'd a little of the Shavings of *Saſſafras* and *Liquoriſh*, and took two or three times in a Day, three or four ſmall *Pills*, made of Juice of *Liquoriſh*, *Sperma Ceti*, Species *Diatragacanthi frigidi*, or *Pulvis Haly*, &c. and uſed *Cold Immerſion* for 16 or 18 Days, Night and Morning, but eſpecially at Night after a light Dinner, and no Supper, a little *Flummery* after Bathing with a little Sugar and Juice of *Orange*, juſt to make it of a pleaſant ſweet tart Taſt, a *dulco-acidum*; and from thence paſſed into a reſtringent Milk-diet, by boiling *Acorn-Cups*, *Biſhort*, and *Tormentil-roots*, in Spring-water, and then mixing Milk and a little Oat-meal, made a ſort of Milk-pottage, on which he only liv'd for a Seaſon; he avoided the ſight of all Women, but ſuch as had Antivenereal-Faces, for Age and Uglineſs; as alſo all manner of Wine and Strong Drinks, and Fleſh-meat, *&c.* and by this,

and

and by ſuch like means, he was perfectly recovered to his priſtine Health. I have known many times that violent ſtrong Purgings with Aloes, Scammony, Reſin of Jalap, *&c.* together with the too much uſe of Terebinthinate Medicines, have heated and done much miſchief to the inflam'd and tender Nervous Parts, and often caus'd Swellings of the Teſticles, together with unapt or untimely Injections. Mr. *Fuller*, an Eminent Apothecary in the *Strand*, told me of his own knowledge in many Caſes; as alſo did the late Dr. *Hobbs*; and I have obſerved divers times in my own Practice and Experience, that ſuch Tumors and Venereal Swellings, have rendr'd Men infertile and incapable (ever after) of begetting Children. Not that this does always hold true in every Monger, for ſome ſtrong young Mongers of good Conſtitutions, have bruſhed through ſuch Misfortunes, and have after it begotten Children, but with a great Diminution to the Venereal Pleaſures and Delights as before; the Organs ſubſervient to thoſe Exerciſes, having been ſhak'd and batter'd in their unclean Combats, *&c.* but in moſt Men it has totally deſtroy'd Prolification, *a Curſe half tanti to Caſtration*: ſo that I have often pitied poor innocent young new-married *Gentlewoman*, who have ſweat and ſtew'd themſelves in *Hot Baths*, Seaſon after

ter

ter Seaſon. Theſe unhappy Women, I ſay, thinking that the Deficiency lay on their ſide, were willing to undertake any Toil and Trouble in hopes of a great Belly, *&c.* when alas! the fault was in the vile and wicked whore-maſterly *Husband*, broke and bankrupt in his Bed-Tackle; and this is the reaſon of ſo many miſerable and unhappy Marriages, for *Venus rara, cum re angustia domi, &c.* makes Women ramble in queſt of thoſe Satisfactions which both Art and Nature, in a warm Conſtitution, inceſſantly prompts them unto; and the *Husband* quietly to acquieſce under the Brow-Antlers of a diſplay'd Forehead, or to pocket his misfortune, being conſcious that his Wife's Extravagancies, are the iſſues of his own Inſufficiences, *&c.* procured by his own Follies, *&c.* ſo that Fathers cannot be too careful in matching their Daughters to Men of untainted Reputation and Honeſty, and alſo of promiſing Ability; but becauſe of the many Cheats that have been even in the faireſt Bulks of Men, and the difficulty in diſcovering the Scars and Cicatrices of ſecret *Sins*, which Men with the greateſt Artifice cover and conceal.

But where Love and Ability on both ſides concenter in Virtue and Fidelity, their Minds are made one, and 'tis a Marriage of Souls

as well as Bodies, and ſuch a bleſſed State is the Suburbs of *Heaven*, even in this *Life*.

And he that ſhould dare to Marry under any Venereal Circumſtances, or Pox his Wife after he is married unto her, ſhould have a Brand of Infamy upon his Name for ever. For what ſays the Wiſe Man, *Prov.* 6. and 33.

*A* Wound *and* Diſhonour *ſhall he get, and his* Reproach *ſhall not be wiped away.*

*Her end is bitter as* Death, *and as* Sharp *as a two-edged* Sword.

*And thou mourn at laſt when thy* Fleſh *and thy* Body *are conſumed, and a* Dart *ſtruck thro' his* Liver.

*Her Feet go down to* Death, *her Steps take hold of* Hell.

*For ſhe hath caſt down many* wounded, *yea, many ſtrong* Men *have been* Slain *by* her; *her Houſe is the way to* Hell, *to the Chambers of* Death, *&c.*

And the profane *Orators* and *Poets*, as well as *Sacred*, are all full of *Whip-Cord* and *Laſhes* at this *Sin*. I might here inlarge, but that the *Groans* and *Miſeries* of ſuch *Shoals* of periſhing *Wretches* abandon'd by their *Friends*, expos'd to *Ditches*, *Dunghills*, and at the beſt to *Hoſpitals*, are rotting Inſtances of *Venereal Venom*, and moſt deplorable Commentators on this ſad *Text*, viz. *Their* Strength *is given to ſtrange* Women, *and their Tears unto the* Cruel.

So

So here I ſhall ceaſe this unſavory Subject, and conclude with a few Lines dehortatory from Whoredom, and its fatal Conſequences.

*View yonder Shoar! whence* Venus *came at firſt,*
*See! all the wretched Whore-wrack'd Sons of Luſt,*
*Where blaſted Strength lies in its Manhood curſt:*
*View yonder Bay, that many a load encloſes*
*Of Pumice't Shin-bones, and the Shells of Noſes;*
*And in yon Hoſpital there does ſurvive*
*The remnant half, of half that rot alive,*
*With Bubo's, Blanes, cavernous running holes,*
*T'would Clap the Devil for to fetch their Souls.*

## *A Letter from* Sir Theod. Colladon, *Kt. to* Dr. Baynard *at the* Bath.

*Dear Doctor,* 1702.

THo' you have had ſeveral *Experiences* of the good effect the *Cold Bath* has produced in curing many ſad *Diſtempers* that no ordinary Remedies could remove, I am ſure you will take kindly from me two *Inſtances* very curious, that I muſt give you to increaſe the high Opinion you have of it, and 'tis on two *Eminent Men* of our own Profeſſion; one is Dr. *Cyprianus*, that for two or three Years was grown ſo infirm, and apt to *Fevers*, that Winter and Summer he was forced to wrap himſelf up in *Flannel*, and *Leatherdoom*, and upon the leaſt cold or windy Weather fell into violent *Fevers* and *De-*

*fluxions.* We gave a fair trial of the beſt Remedies, that by Sir *Thomas Millington*'s Advice, joined to *mine*, and to ſeveral other *Doctors*, his Friends, we could think of, without any Succeſs. Two Years together he went to the *Bath*, and drank thoſe *Waters* regularly, Bathed in all the *three Baths*, but ſtill found no benefit, rather worſe. With much ado he was perſuaded to try what the *Cold Bath* could do in his Caſe, and in *twice* or *thrice* going in, even in the midſt of *Winter* was ſo relieved, that he has already been in it above a *hundred times*, and now is ſo *well* and ſo *hardy*, that nothing can *hurt him*; he has left all his *Flannels*, and in fine, he is well to Admiration.

He perſuaded *Signior Cayonny*, an Eminent *Italian*-Merchant, in the ſame Condition, to follow his Example, which he has done, and with the ſame ſucceſs. My *Father-in-law*, Dr. *Amyott*, troubled with ſuch *Coughs* and Defluxions, that I never durſt ſhave his *Head*, was perſuaded by *me*, and by Dr. *Cyprianus*, to ſhave it, and Bath it with *Cold Water*, and found ſuch good by it, that he went into the *Cold Bath*, and now is free, and has not been ſo well theſe *ten Years*. Another Inſtance I muſt add of Major *Sutton*, my Lord *Lexington*'s Couſin, Major in Colonel *Webb*'s Regiment, that had been ſeized with ſo violent a *Rheumatiſm*, that he

he not only loſt the uſe of his *Limbs*, but was in ſuch violent *Pains*, that finding no Relief by all the Remedies he us'd, he was carried and thrown in the *Cold Bath*, deſiring, as he told me, to be *drown'd* in it, if he had no *Relief*; but in three *times* going in, he could *Walk* and come out without *help*, and in ten times went *abroad*, and I met him at Dinner at my Lord *Lexington*'s, where he gave me this full Account, and he ſhall confirm it to *you*, when you pleaſe; ſo ſhall the two others; and many more, when we meet in Town, where I intend to conſult you with him, in order to try it my *ſelf* for my *Diſtemper*. As I write you this in haſte, yet you may make what uſe of it you ſhall think fit. I muſt beg your Pardon, if 'tis not, perhaps, as exact as I could wiſh; but when we meet, we will correct the *Faults*; and I wiſh you all Happineſs, and abundance of good Patients. I am, my dear Doctor,

*Your moſt humble Servant,*
*and faithful Friend,*
Th. Colladon.

*Joſephus* tells us a Story of one *Banus* that liv'd in a Deſart, and cloath'd himſelf with Barks and Leaves of Trees, and fed on nothing but what the Earth ſpontaneouſly brought forth; and that he uſed to waſh

himſelf oftentimes in cold Water to keep himſelf Chaſt, and that *Joſephus* himſelf imitated this old *Banus* for 3 Years.

He alſo tells you, that the *Eſſeans*, a chaſt and temperate Sect of the *Jews*, accuſtomed themſelves to waſh in cold Water very often, and never went to Stool, but preſently waſh'd, or when they touch'd any unclean Thing.

He alſo tells you that Sailing to *Rome*, he was Ship-wrack'd in the *Adriatick*-Sea, and 600 of them were forc'd to ſwim all Night; but he and fourſcore more out-ſwimming the reſt, were, by God's Providence, at break of day, taken up and ſaved, by a *Cyrenian* Ship. So that we may ſuppoſe, that in former times Men were all Swimmers, or moſt, at leaſt, when 600 in one Ship could ſwim; and among the *Romans*, 'twas a Term of Reproach and Scorn, to tell a Man, he could neither Read nor Swim.

Dining at a Noble-man's Table at *Bath*, in *Sept.* 1702. with Mr. *William Pen*, and diſcourſing with him, and ſome other Gentlemen, concerning Cold Baths, he was pleas'd to ſend me this following Relation of the Practice of Cold Immerſion in *Penſilvania*, &c. and of a moſt remarkable Inſtance of it, in which he was an Eye-Witneſs.

*Mr.*

## *Mr.* Pen's *Letter to Dr.* Baynard.

AS I find the *Indians* upon the Continent more incident to *Fevers* than any other Diſtempers, ſo they rarely fail to Cure themſelves by great *Sweating*, and immediately plunging themſelves into *Cold Water*, which, they ſay, is the only way not to catch *Cold*.

I once ſaw an Inſtance of it, with divers more in Company. For being upon a Diſcovery of the back part of the Country, I called upon an *Indian* of Note, whoſe Name was *Tenoughan*, the *Captain General* of the Clans of *Indians* of thoſe Parts. I found him ill of a *Fever*, his Head and Limbs much affected with Pain, and at the ſame time his *Wife* preparing a *Bagnio* for him: The *Bagnio* reſembled a large Oven, into which he crept by a Door on the one ſide, while ſhe put ſeveral *red hot Stones* in at a ſmall Door on the other ſide thereof, and then faſtned the Doors as cloſely from the Air as ſhe could. Now while he was Sweating in this Bagnio, his Wife (for they diſdain no Service) was, with an *Ax*, cutting her Huſband a paſſage into the *River*, (being the Winter of 83, the great Froſt, and the *Ice* very thick) in order to the Immerſing himſelf, after he ſhould come out of his *Bath*.

In leſs than half an Hour, he was in ſo great a *Sweat*, that when he came out, he was as *wet*, as if he had come out of a *River*, and the *Reak* or *Steam* of his Body ſo thick, that it was hard to diſcern any Bodies Face that ſtood near him. In this condition, *ſtark-naked* (his Breech-Clout only excepted) he ran to the *River*, which was about twenty Paces, and *duck'd* himſelf twice or thrice therein, and ſo return'd, paſſing only thro' his *Bagnio* to mitigate the immediate ſtroak of the *Cold*) to his own Houſe, perhaps 20 Paces further, and wrapping himſelf in his woolen Mantle, lay down at his length near a long (but gentle) *Fire* in the middle of his *Wigwam*, or Houſe, turning himſelf ſeveral times, 'till he was dry, and then he roſe, and fell to getting us our Dinner, ſeeming to be as eaſie, and well in *Health*, as at any other time.

This Tradition was in great meaſure, however, the loſs of one of the braveſt of the Nations of *Indians* (remembred by Capt. *Smith*, in his Hiſtory of the Setlement of *Virginia*) called the *Saſquenahs*. For having, after the coming of the *Europeans* among them, learned to drink *ſtrong Liquors*, and eat freely of Swines Fleſh (moſtly without *Sult*) it brought the *Small Pox* among them; they took the ſame Method to cure themſelves of it when they were come out, which ſtruck to their Heart, and prov'd more mor-

tal

tal than the Plague, few eſcaping the Diſeaſe, by reaſon of that improper Practice; tho' one would think that before they came out, it might have moderated their Venom and Impreſſion.

I am alſo well aſſur'd that they waſh their Young Infants in cold Streams as ſoon as Born, in all Seaſons of the Year. *W. P.*

In the beginning of *April* laſt, 1708. I met with the ſaid Mr. *William Pen*, a Man of Honour, and truly *ſide Dignus*, who told me he had a Letter from one Major *Morice*, his Receiver in *Ireland*, which Letter he would ſhew me at any time, but I forgot to call on him to ſee it; but the Contents of it was to this Effect, That he the ſaid Major *Morice*, for more than 20 Years was extreamly troubled with the Gout, inſomuch that his Limbs were Noded, *&c.* and ſo infebled that he was rendred altogether a Cripple, and incapable of any Buſineſs that requir'd ſtirring or exerciſe, but by the uſe of cold Immerſion, which he follow'd cloſe for ſome time, he receiv'd ſuch a Cure that he could walk very well, mount a Horſe, and ride about his Affairs, and continu'd ſo a great while: But meeting with Mr. *Pen* ſince then, he told me, that he heard that he Relaps'd, whether thro' diſcontinuance, or an Error in his manner of living, as to his Meats, Drinks, *&c.*

*&c.* I cannot tell, which Relapſe, ſurely muſt proceed from neglect or miſmanagement in reference to Heats and Colds, *&c.* for when the Morbid Cauſe is taken off, at leaſt, ſo remov'd as to give *eaſe*, abate the *ſwellings*, and the anguiſh and painful Symptoms totally alleviated ſunk and gone, 'tis reaſonable to conclude that a little Care, might prevent any acceſſion for the future; but we are all prone ſo to humour our *Pallats*, and gratify our *Taſts*, or Company, when importuning with, freely ſtay, take t'other Pipe, t'other Glaſs this once hang't, *once* can do no harm, until warm'd and heated with Wine, *&c.* over Shoes over Boots, we forget our Sorrows and *præterit* Pains, until the Diſeaſe takes the Advantage by our Debauch, thro' weaken'd and imperfect Concoctions, undue Secretions, *&c.* Then like the Parable in the Goſpel, the Gout returns with 7 *Devils worſe than the former.*

*Unhappy Man! that* Drinks *his own undoing,*
*As tho' his Buſineſs were, to pledge his Ruin.*
*And that brave* Texture *his ſound Parents knit,*
*With* Pipe *and* Pot *he does unravil it.*
*As if the Gods, in anger gave him Wealth,*
*To ſacrifice to* Bacchus, *Youth and Health.*
Health *of all Earthly Bleſſings 'tis the beſt,*
*Which moſt is* valu'd, *when 'tis leaſt* poſſeſt.

And

And we find that the old *Romans* in moſt of their Epiſtles to their Friends uſually conclude,

CURA UT VALEAS *for Health once gone*
*All Comforts periſh with it, and are none;*
*Riches and Honour, Muſick, Wine and Wit,*
*Wax* flat *and taſteleſs with the loſs of it.*
*Could Youth but ſee, with Gouty* old Mens *Eyes,*
*One* ſtretch *upon their* Back *would make 'em wiſe;*
*And Drunkeneſs (the damn'd firſt Cauſe) deſpiſe.*
*But ſuch is giddy Youth's unhappy* Fate, *(late.*
*When* Crippl'd *and* Nail'd *down, are wiſe too*

And I can without Vanity ſay, that I perform'd a wonderful Cure on a very Gouty Perſon, by the Decoction of a certain *Root*, which he conſtantly drank for a Seaſon together, with Sweating after cold Immerſion, the ſame way that you took, Sir *John*, with Mrs. *Piſer* of *Repton*, mention'd in your Epiſtle to, me p. 185. which I think is as great a Cure as Cold Bathing can boaſt on.

*The Caſe of a young Gentleman, from the Injuries of Tabaco and ſtrong Drink, recover'd by drinking of Water, &c.*

ABout ſix Years ſince, being ſent for to a young Gentleman, who, from a vivid and florid State of Health, became Pale and Wan, and had ſtrange Cold Sweats;

had

had a Tremour, and much diſpirited, as if he lived under fear and dread of ſome impending Evil to him; his Stomach quite loſt and gone, and had a great Loathing when he ſaw Victuals, *&c.* I enquir'd into the Cauſe of this ſudden change in his Health, and found it proceeded from his much ſmoaking Tabacco, which made him always giddy, and ready to Vomit, alſo to Spit and Flux abominably: all this he endur'd, reſolving to be Maſter of the Black Art, until it brought him to the brink of the Grave. I told him the danger of proceeding in it ſince it was ſo inimical to his Conſtiution, and advis'd him to forbear ſtrong Drink, and to drink a little Spring-Water Night and Morning, and eat a raw Apple or two, and take the Air in a Coach, or on Horſeback; all which he punctually obſerv'd, and was as well in a Month, as ever he was in his Life. *Franciſcus de la Boe Sylvius*, under whom I was a Student near 40 Years ſince, was ſo much a hater of Tabaco, that he would not come into a Houſe where it was ſmoak'd; and what the Learned *Kerckringius* ſays of it in his *Spicilegium Anatomicum Obſerv.* xc. Page 172. I here Tranſcribe.

*Nimius Tabaci uſus noxius.*

*INvaluit, heu! nimium illud in Europa Cacoethes, fugendi fumum herbæ Tabaci, ut vo-*

*vocant, per tubos ad id ſolummodo confectos. Quanta inde morum perverſitas, ii viderint, quibus illud datum eſt negotii, vel Politici, vel Theologi. Quantùm ſanitati ſuæ noceant, quibus hic mos eſt, ut toties Vulcano, vel Charonti potiùs ſacrificent, etiam non explicabo: ſufficeret oculis ſubjicere hominem, quem in meditorum torona ſecui: is ſupra modum hiſce fumoſis deliciis addictus, vix ullum obibat negotium, quin ſibi, ut patuit, fatalem ſuccum hauriret. Ubi enim crebris quaſi pulſata ictibus, natura fatiſcere, atque in morbum collabi cæpit; ille nigricantem materiam per anticum, per poſticum, per utrumque gutturem tamdiu ejicere, donec fuſcam ſimul evomeret animam, quam Plutonia viſentem regna comitari non lubet: ſuſpicor enim nigros illos & vaporum Stygiorum globis fumigantes lacus potiùs ex conſuetudine, quàm lucida cælorum ſydera adamaſſe, utpote fumis ſemper paſtam & innutritam; hoſpitium certè quod illa reliquerat, viſitavi & peragravi, fultus cultro anatomico. Quid viderim, quæris? domum mihi intrari viſus ſum verè Plutoniam: ecce tibi in foribus atrato colore tincta & quaſi venenato ſucco imbuta intumuerat lingua. Quid trachea? camino ſimilis, nigra fuligine undique obducta. Pulmones aridi, exſucci, & pene friabiles: hepar, tanquam ſi præ cæteris traxiſſet incendium, totum erat inflammatum; à cujus flammis ne bilis quidem in cyſtide ſua immunis erat: colo-*

*colorem enim contraxerat ex purpureo viteſcentem. Ad inteſtina verò, ut ſunt corporis ſaburra, confluxerant totius aduſtionis carbones; plena etenim erant nigricante materiâ, quæ non immitionem ipſo Averno ſpirabat odorem. Ecce frequentis hujus ſuctionis medicos fructus.*

## *The Caſe of Mr.* Michael Warwick.

IN *February*, 1700. I caught a moſt violent fall, the contuſion hap'ned on the Hip, near the lower *Vertebræ* of the Back, but by the immediate uſe of inward Medicines, the application of Cere-Cloaths, and as the warm Weather approached, the Pains, *&c.* went off for the Summer following.

The *November* after, I caught a moſt violent Cold by Sleeping againſt a good Fire in a wet Cloak, which ſettled upon the Part before affected, and likewiſe extended it ſelf in Cramp-like Pains upon the Muſcles on that ſide from my Neck, down to my Ankle.

I went to the Bagnio, and was Sweated and Cupp'd ſeveral times, but to no purpoſe.

I uſed all outward means (as were adviſed) proper in ſuch Caſes, and took *Terebinthian*, *Stomachick* and *Chalybeat* Medicines inwardly, but all to no purpoſe.

I let Blood often, and Purged with *Rhubarb*, *Agarick*, *Senna*, &c. but with the like

like Succeſs; only theſe laſt Medicines, I thought, deſtroyed my Appetite, and rendred me Hypochondriack.

I obſerved my Blood at all times after ſeparation, to have on it ſtill a rough, viſcous Matter, like that of your Rheumatick Perſons.

Sometime after I found my Pains not ſo Cramp-like as before, but more diſperſed, and like your Rheumatick Pains; eſpecially I found in my Loins e'ery Morning, a weak and wearifom Pain, together with a forenes upon the Part, as if I had been beaten; but no Swelling, Inflammation, or other outward Symptom appeared; nor was there, as I perceived, any *Febris Rheumatica* attended my Pains.

The continuance of the Pains and the Violence of them, occaſioned ſuch a contraction of the Muſcles of the ſide affected, that it almoſt brought me to go double. The Thigh and Leg of that ſide were greatly emaciated, and for want of due circulation of the Spirits and Nutritive Juices, ſeemed (a-Nights) as if they were dead Fleſh, only ſometimes a violent cold Sweat wou'd appear.

Hearing talk of the Cold Bath, and finding ſome Encouragement from a Book that I bought of Sir *John Floyer*'s, treating of the ſame; in *November* laſt was 12 Months,

I applyed my ſelf to Dr. *Cole* for his Advice, who preſcribed me *Cinnabar* of *Antimony*, &c. for a Week, and afterwards to Bath, continuing the Medicine, *&c.* which I did two or three times a Week, for ſeveral Weeks; but found little benefit at the preſent, other than it brought my Appetite again, and rendred me far leſs apt to take Cold, tho' I had left off Flannels, *&c.*

Sometime after, I found my Pains to decline, and at laſt quite vaniſh, and the contraction of the Muſcles looſed, and I have continued well ever ſince; only now and then againſt change of Weather, or when the Wind is Northward, I meet a little minging of Pains, but no contraction. I alſo have let Blood two or three times ſince, and find it florid, and as good as thoſe in a true ſtate of Health.

I look'd upon my Diſtemper to be complicated of a Hypochondriack Rheumatiſm, the Sciatica, and the effects of the aforeſaid Contuſion by the Fall, and muſt ingenouſly attribute the Cure thereof, (next under God) to the uſe of the Cold Bath, as aforeſaid,

*Michael Warwick.*

*London, January* the 11th, 1703.

*Michael Warwick* Surveyer of the River, under the Honourable the Commiſſioners of Exciſe. And

And here not only Cold Bathing externally, but inwardly alſo, (I mean drinking of Cold Water moderately) is of the greateſt Uſe and Moment to humane Life, if the Water be good, and well choſen, ſuch as will eaſily lather with Soap, and is light, clear and ſmooth to the Taſte, ſuch as generally are Marle or Chalk-Waters; and of this ſort of Water I have obſerv'd Horſes, Cows and other Cattle moſt delight to Drink, nay they rather chuſe to drink Pond, Ditch, or any Puddle, Thick, Diſturb'd and Turbid Water, than the cleareſt Springs, from Clay, Gravel, *&c.* there being in ſuch Waters ſome harſh and diſagreeable Particles, either to their Palats or Digeſtions. And here I well remember that one Mr. *Clarke*, an Ingenious Gentleman of *Eſſex*, told me, that removing a Horſe of his from a Paſture where was a ſweet, ſoft, Chalk Spring, (it being a dry Summer) he obſerv'd that his Horſe look'd very thin, and would not Drink of the other Water in ſome Days, inſomuch that he thought his Horſe was Sick; but trying him at the other Chalk Water, he drank until ready to burſt: And this I have obſerv'd ſeveral times, in all ſorts of Cattle, at all Seaſons of the Year, they beſt knowing what Waters are noxious, what friendly to their Natures. But to be more ſatisfied in this, read an Ingeni-

ous ſmall Tract, call'd *Scelera Aquarum*, written by Dr. *J. H.* a Man of Learning, and clear Thought, where he ſhews the miſchiefs of *Well-water*, which generally (if not of Chalk) are impregnated with morbifick Salts, which abound in the Strata of the Earth, and are of moſt dangerous Conſequences to thoſe that often drink of them, either pure *per ſe*, or made into Beer, Ale, Coffee, Tea, *&c.* alſo read the Learned and Ingenious Dr. *Curteis*, in his Eſſay on the preſervation of Health, *p.* 52. *&c.*

Warm Water has been eſteemed as a great Secret to prevent bilious Colicks, and to further both the firſt and ſecond Digeſtions, if a Glaſs be taken at the cloſe of our Meals, and no Wine or Strong Drinks taken after it. And here the Learned *Georgius Baglivius* in his *Prax. Med. Lib.* 1. *Pag.* 82. holds it a Secret againſt the Stone, but then drank before Dinner: His Words are theſe, *viz.*

*Calculus & Podagra plures interficiunt divites quam pauperes, plures ſapientes quam fatuos.* Tho', with his lieve, I have known a great many Blockheads have been plagued with both Gout and Stone, as well as Wiſe Men; for a Wiſe Man is known by's Actions, and not by his Words: For he is not Wiſe, that wiſely ſays, but he is Wiſe, that wiſely does; and what greater ſign of a Blockhead, than for a Man to perſevere in Whore-

Whoredom and Drunkenneſs, until a rivet-ed Diſeaſe entails his Folly (like his Coat Armour) on his Blood, and conveys the Poiſon to his unborn Poſterity? As if every Man would ſet up for an *Adam*, and make an Original Sin of his own, that the legitimate Off-ſpring may be more known by the Diſeaſes and Vices of his Family than by their Faces, &c. *Vinum, Venus, Otium & Crapula ſunt primi Parentes Calculorum ac Podagræ.*

*Aquæ potus, lactis uſus, ſobrietas & exercitium, eiſdem medentur.*

Women and Wine, with Idleneſs alone,
Are the firſt Parents of the Gout and Stone.
But Exerciſe, to Milk and Water join,
You'll ſave at once, your Mony, Health and (Time.
Women and Wine, and Gaming if you (ſhun,
Do what you will, you cannot be undone;
Happy's the Man that ſees this whilſt he's (Young.

——— *Exinde prodiit ſecretum illud eximium Zecchii relatum in ſuis Conſult. nempe hauſtus Aquæ calidæ ad* ℔j. *circiter ſtatim ante Prandium factus. Piſo & Alexander multis ante Zecchium annis, hoc idem aquæ calidæ remedium comprobarunt, dicentes quod poſt primum excretum calculum, nunquam impoſterum ali-*

*os genitos fuisse viderint usum hunc aquæ calidæ multo tempore continuantibus.*

And he reinforces his Argument again, and tells you plainly,

*Omnia remedia Podagricis præscripta inutilia propemodum erunt, nisi Vinum, Venus, Otium & Crapula temperantius usurpentur.*

He tells you that the eating of Musk-Melons, and drinking the Water distill'd from their Pulp and Seeds, is good against both Gout and Stone; but with this Caveat again:

*Dummodo Vinum, Venus, Otium, & Crapula prudentius adhibeantur.*

But our Learned Author, *Baglivi*, being an *Italian*, shews both the warmth of his Climate, as well as his good Nature, when so Gentleman-like, he gives his Patients a little Liberty by forsaking Wine and Women by degrees,

*Nisi* Temperantius *ac* prudentius *usurpentur.*

which puts me in mind of an old Drunkard's advice to his Son, to leave that and other Vices *gradatim*, and not at a jerk, as if the Soul would catch Cold by the loss of a Vice or two, as the Body does, by leaving off a Coat, or Jerkin.

*Observations upon some late Cures done by Cold Bathing.*

A Man that Dr. *Cole* and I saw the last Spring, come to the Cold Bath; his Case was a contraction of his Limbs with a Scorbutick Rheumatism, and accompanied with a general decay and weakness of his whole Body. The first time he came in a Coach, but the second time he was led by his Wife, and the help of a Staff, or Crutch, and I heard afterwards, that by a few more Immersions, he was recovered.

But a most remarkable Cure done by the Cold Bath, was, on one *Trubshaw*, a young Lad of about 12 or 13 Years of Age, who had not only a great Weakness on the Muscles of his Neck, but a distortion of one of the Vertebræ, insomuch that his Head, if not supported, would fall towards his Shoulder on either side. He had the Opinion of several Eminent Chirurgeons on this Case, who besides many applications, as Emplasters, *&c.* contriv'd an Engine of Steel, like the Lath of a Cross-bow, to run into a Swivel, and fastned by an Iron Stalk to the back of a Chair, whilst a soft Velvet Muffler took him under the Chin (as you have seen in some Neck Swings) it was so contriv'd by the help of the Swivel, as to turn on any side, and yet keep his Head upright, as he

ſat in the Chair, which he would ſometimes do for ſome Hours. But all that was done to him, was ineffectual: His Unkle pitying the Condition of this hopeful young Lad (that had ſome Subſtance left him by his Father) conſulted me in the Caſe, and put the Queſtion himſelf whether the Cold Bath would do him any Service? Which Queſtion I anſwer'd but coldly, and doubtingly; but it was at laſt agreed to try it, and the Youth being very willing to do any thing for a Cure, went in boldly, a Servant keeping his Head ſteddy betwixt his Hands, and ſo brought him (as I remember) to his Chair, where he ſat for ſome time, or lay upon the Bed firſt, I have almoſt forgot: But in ſhort, the Youth in ſome little time got a perfect Cure. This is two or three Years ſince, and his Unkle tells me, he continues very well. This moſt wonderful and remarkable *Cure* is well known to the eminent Mr. Serjeant *Bernard*, and moſt of the Phyſicians and Surgeons about Town, *&c.*

Mr. *Paul Derande*, an Emient Merchant in this City of *London*, had been long troubled with a moſt ſevere Colick, which had ſo enervated and reduc'd him to Skin and Bone; his Pains were ſo extreamly pungent, that he had no eaſe but when ſet upon his Head, which his Servant did often in a Day, by the help of an Engine contriv'd and made

for that purpoſe. This Gentleman was ſent from his Country Houſe in *Kent*, to his Houſe in *London*, by the Learned Dr. *Fuller* Author of that Ingenious Piece, *Pharmacop. Extemporanea*, to conſult me about the Cold Bath in his Caſe; and really I was (when I ſaw him in that deſperate weak Condition, his Stomach much gone, Appetite decay'd, could hardly go or ſtand a high-lone (as we ſay) affrighted at the Propoſal, but ſeeing his great Courage and Reſolution to try it, I conſented and went with him. The firſt Immerſion he bore to a Wonder, but Mrs. *Baynes*, as well as my ſelf, thought that he would never come out alive. But to ſee what Opinion and Reſolution will do; he ſo follow'd his Cold Bathing, that in a very little time, he could walk from his Houſe in *Bridg-Row*, near *Walbrook*, to the Cold Bath betimes in a Morning, which is a Mile and a half, if not more. His Stomack return'd and his Fleſh came on, and his colour in his Cheeks, and by the drinking of the *Hot-Bath* Waters inwardly, and uſing the Cold Bath outwardly, he is become as well and hale as any Man. And as near as I can remember, this was the ſum of his great Cure; for I heard him ſay, when I ask'd him, how, under ſuch weak and infirm Circumſtances, he durſt leap into Spring Water, ſo intenſly Cold? He anſwer'd, Doctor, 'tis impoſſi-

ble for you or any Man living, to conceive, the extremity of Pain I was in, and inexpreſſible Miſery I endur'd, inſomuch, that could I have been ſure of *eaſe* after it, I wou'd have leap'd into as much *Fire* as there was *Water*; and I ſpeak this from a Senſe of the extream torture I daily labour'd under. I have often pity'd this Gentleman's Caſe, for he is not only a Man of unſpotted Life and Converſation, but of curious and refin'd Parts, *&c.* and I think in ſome particulars, this comes the neareſt to Mr. *Sam. Crew*'s Caſe of any that I have met with. And here a Demi-brain'd *Doctor* of more *Note* than *Nous*, ask'd in the amaz'd *Agony* of his half *Underſtanding*, how 'twas poſſible that an external Application ſhould affect the Bowels, and Cure the Pains within? Why, Doctor, quoth an old Woman ſtanding by, by the ſame Reaſon, that being Wet-ſhod or catching Cold, from without, ſhould give you the Gripes and Pain within.

Man is a ſort of a muſical Inſtrument, and the Strings of Life and Death are tun'd or diſorder'd upon more Keys than a Welſh Harp, or a *Scotch* Bagpipe, eſpecially when an ill Fidler plays upon his own Carkaſs.

The *Hemiplagia*, which of all ſorts of Palſies, is the moſt ſtubborn and hardeſt to yield to Cure, yet I have known ſome cured of it by the Hot Baths, and others by the Cold,

and

and ſome again where neither Hot nor Cold Baths would avail, or ſignifie any thing, as alſo all manner of Medicines, both inward and outward, have prov'd ineffectual, yet, by length of Time, and a regular Diet, ſome have ſo far recovered, as to be able to hobble about, or walk feebly, but ſeldom attain to their Priſtine Vigour and Strength: But I have often obſerv'd, that thoſe who have us'd feweſt hot Medicines, and have ſtriv'd and ſtruggled with the Diſtemper moſt, have recover'd ſooneſt: But eſpecially upon the firſt ſtroak of this half Palſie, the uſe of hot Medicines are of moſt pernicious Conſequence. After a Vomit and Bleeding, I have ſeen the Cold Bath do great things often us'd, but then not to ſtay in half a Minute, juſt immerge, and ſo out again; yet I know a Gentlewoman of good Quality, and ſecond to none for Endowments of * Mind, had the misfortune to be ill treated in this Diſtemper in *Jamaica*, where ſhe then liv'd; but coming to *England*, and Landing at *Briſtol*, ſhe fell under my Care at the *Bath*. She was ſo very Weak, and her Caſe ſeem'd ſo deplorable and complicated with Fits, partly Hyſterick, partly Epileptick, and of a wonderful thin and ſpare Habit, *&c.* inſomuch, that I had little, very little hope of her recovery. She made

* *Mr. Joſiah Heathcot's Lady.*

made an Eſſay in the moſt mild and temperate part of the Queens Bath, the ſlip of that Bath coming to the back-Door of the Houſe where ſhe then Lodg'd. But alas! ſhe was not able to endure, hardly, the tryal of it, the leaſt Heat did ſo diſorder her. From thence ſhe remov'd by ſmall Journeys to *London*, where, being miſled by the perſuaſion of ſome Friends, miſtaken in the Man, ſhe, to conſult among other's *Æſculapius* Eminence, that Cardinal Cock-Robin of the Phyſick Conclave, the vain and empty Nothing of a great Name, under the careleſsneſs of whoſe Care, ſhe for ſome time continued; But with ſuch ſucceſs, as was ſuitable to the inſuitability of his *Giddy* and *Fortuitous* Preſcriptions, as foreign to her Caſe as the Preſcriber to a Phyſician.

At my return to *London*, ſhe ſent for me; but ſeeing her Caſe deplorable, I propos'd for her own, and Friends Satisfaction, the aſſiſtance of another Phyſician: and the Learned Dr. *Colt* was the Man pitch'd upon. We at firſt, after all the neceſſary Internals, tryed artificial tepid Baths; but finding ſmall benefit by them, we plainly told her and her Relations, that if any thing would do her good, it muſt be the Cold Baths. (A ſhocking Propoſal to ſo tender and weak a Woman, and but lately come

from

from the Torrid Zone, from between the Tropicks.) She readily consented to the Experiment, and try'd it, with a Resolution and Courage not usual in her Sex; and by her Perseverance, and a Blessing attending the means, she is recovered beyond all Expectation. One thing is very remarkable in her Bathing, which is, she finding her self not well, with Pain in her Head, Back, *&c.* and not knowing the Cause, continued her Bathing as usual, but it prov'd the *Small Pox* forming upon her; yet she escap'd, and came through it very well, and little or no impression left on her Face where they had been, *&c.* and the last time I saw this Lady, she told me she had been in the Cold Bath more than a 150 times.

*Note*, That this Gentlewoman had two most severe Convulsions, at, or presently after, her first going into the Cold Bath; yet it no ways daunted her Resolution, but she proceeded, tho' many times with Jerks and Twitches, which at last vanish'd and went off.

And she also told me, that her Quondam Doctor being told of her Recovery, reply'd, that he could not believe it. And another Stupid, Self-will'd Member of the Physick-Craft, told me, that he would sooner believe Witch-Craft and Spectrums, than that the Cold Bath could Cure any thing in any Body;

Body; nay, quoth he, tho' I ſhould ſee it, I won't believe it.

And this puts me in mind of a Phyſician, who, in conſultation about Cold Bathing, told the Patient it would kill him; and that for his part, he had rather be hang'd than try it. Quoth his Patient (who was a Sea Captain) I ſee Doctor you are for *ſiccamors*, you like a dry Death, better than a wet one; But Dr. continu'd he, were you on Ship-board, and there condemn'd to die, I believe you'd be duck'd at the Yard Arm ten times, rather than be hang'd once: Why ſhould wetting of a Man's Skin kill him? for beſides Baptiſm by Immerſion, we ſee Children, even in the Month, are waſh'd and cleans'd with Cold Water in all Seaſons of the Year, and yet theſe Children are not kill'd; I doubt, Doctor, your Nurſe was a Slut, ſhe let you lie in your Sh-t---n Clouts. You are a plump Man, Dr. I ſee now, quoth he, what ſort of Barton 'tis, has made you ſo Fat. At which, the Dr. grew angry, and flung out of the Room.

The next Caſe is that of Mrs. *Margaret Bray*, of *Barrington* near *Burford*, in *Oxfordſhire*, who, for many Years, uſed Crutches, under which ſhe could ſtand, but I think hardly go, or but very feebly (if ſhe could at all); ſhe uſed the Cold Bath two or three times, but was diſſwaded from it two or

three

three Years, to the best of my remembrance, and after the fruitless Tryal of several Methods and Physicians, was by Mr. *Bernard* (chief Chirurgeon to her Majesty, the present Queen *Anne*) advis'd to try the Cold Bath afresh, which she did, and with that happy Success, as to get a perfect Cure. She came to see Mr. *Bernard* without any help of Staff, Crutch, or any one to lead her, and so continued for some Years, more than two or three, as I remember; but *(hinc illæ lachrymæ)* she one day had been hard Riding in the Heat of the Weather, which then was excessive Hot, and she overheated by that violent Exercise, unadvisedly, with that heat upon her, went into the Cold Bath, which threw her into Gripes and Colick Pains, but how she was order'd in them, I can't tell, but the poor young Lady dy'd. So here not the means, but the intempestive use of it, is only culpable for that misfortune.

If the *Cold Bath* was the Cause, (which no Man upon Earth can demonstrate,) most probably her Case was the Iliack Passion, as I am inform'd, which might be forming upon her from some other Cause, before she enter'd the Bath; and an Inflammation of that Gut often sphacelates, which is always mortal where it happens. We see it Cur'd Mr. *Derande* of Colick Pains, and the

Lady

Lady that had in her Bathing the *Small Pox* forming on her. I hope no Body will be so fooliſh, as to think, that the *Cold Bath* was the Cauſe of the *Small Pox*. I ſaw a Young Man fall into an Epileptick Fit, (ſuppos'd frighted) by ſeeing another leap into a *Cold Bath*. 'Tis paſt doubt, had the Youth gone in at that time himſelf, all would have thought that the Bath was the Cauſe of his Fit, *&c.* as in many ſuch caſes. Yet I no ways approve of going in with the leaſt Heat above the ſtandard of the Blood.

'Tis true, that the *Indians* in *America*, and in many other Parts of the World, as in *Muſcovy*, &c. uſe to leap into extream cold Water out of their hot Stoves, *&c.* as may be ſeen a remarkable Caſe in Mr. *Penn*'s Letter to me. But we muſt Philoſophize upon that Point a little: for one is a heat procur'd by Art, as Fire, which attacks the Body from without inward, the Body ſitting in a ſtill, ſedate and quiet Poſture, the fiery Particles firſt heating the Skin, and cutaneous Glands, and the Fluids contain'd in the ſmall and capillary Channels of the Veins, Arteries, Lympheducts, *&c.* next the habit of the Body, as the Muſcular Fleſh, with the Oily Parts, as Fat, *&c.* when all theſe are throughly heated above the ſtandard of the Blood, by long ſeſſion in a Stove or Bath, *&c.* the Pulſe begins to

put

put on, and mend its pace, ſlower or quicker, according to the degrees of heat preſſing on, or obſiding the Body, the Sweat begins to run more or leſs, as the Body is proclive from its Texture and Frame, or as it is more or leſs Oily, Obeſe, Lean or Dry. And altho' the Pulſe is perceptibly enough felt to riſe, yet the Lungs are at quiet, and reſpiration unconcern'd in the hurry: But when the motion is made from within outward, Reſpiration and Pulſation ſtart fair, and are acuated together; for running 20 Yards ſhall more affect and accelerate the Pulſe in half a Minute, than ſitting in the hotteſt Bath two Hours; for in the action of Motion, the Spirits and Fluids more intimate, and in the Channels are firſt heated and the Habit and Oily Parts laſt. So that leaping into Cold Water, from a Hot Bath or Stove, cannot make ſuch a check and alteration upon the Body, as when the Body is heated by Motion and Exerciſe; for firſt the Heat and Cold made from without inward, drive both one and the ſame way, tho' they are contrary Qualities; but the Heat raiſed from within outward, meeting with the Cold driving againſt it, ſuch a ſudden Claſh of contraries muſt turn the driven Fluids on the driving Spirits, and cauſe a great diſturbance and diſorder in the whole Regulation and Oeconony.

I have had ſeveral Accounts of Peoples being much reliev'd, and ſome perfectly Cur'd, by the uſe of Cold Immerſion in Aſthma's, and other difficulties of Breathings; eſpecially if the Infirmity is taken in the beginning, and not confirm'd by time. Yet an old Gentleman of near 60 Years, lately told me, that having had a Convulſive Aſthma for at leaſt 7 Years, he was ſo Cured at three times Bathing, that he had not the leaſt Fit in three Months after; and believes that had he liv'd temperate, and continu'd bathing ſometimes, it would not have return'd.

Apples and pomaceous Juices, unfermented are the greateſt Pectorals, by the Teſtimony of Experience; and Sir *John Floyer* himſelf has found the greateſt benefit in his moſt ſevere Aſthma by the conſtant uſe of Apple-Water, which is his *Potus Ordinarius*, as well at Meals as otherwiſe. And this puts me in mind of a certain Gentleman that Din'd at Dr. *Cole*'s Houſe with my Lord *Fairfax*, and my ſelf, about three Years ſince, who told us that he ſaw, in *Holland*, a Gentlewoman and her three Sons who came thither, from ſomewhere near *Pomeranea*, to claim an Eſtate due to them, as next Heirs, by the Death of ſome Relations, *&c.* and that both Mother and Sons, were ſo very Old, that between them, they made

made Four Hundred and Thirty Seven Years; for what any one was ſhort of a hundred the others were above a hundred, which made up that compleat Number of Years; and that they looked all freſh ſaving the Old Woman, who was Pale and very Thin, and that ſhe lean'd on the Shoulder of one of her Sons when ſhe walk'd. That the Sons were very healthful, and had all of them long, grey Beards, as alſo their Heads were very grey, but not Bald. And I remember that *Hippocrates* ſays ſomewhere, that to be Grey betimes and not Bald, is ſign of a long Life, *&c.* But what I mention theſe People moſtly for, is this, That being by this Gentleman interrogated as to their way of living in Eſculents and Potulents, he found that their Drink was chiefly Apple-Water, or Crabs bruiſed and ſteeped in Water, or pure Water, or Whey, *&c.* and their Meat plain, ſimple Country Food, and but little Fleſh. He told me, that he forgot to ask them as to their Employment, Exerciſe, Reſt and Labour, *&c.* which would have been very neceſſary to have been known. And here ſince we are upon Apples, my Learned Friend Dr. *Savory* of *Marlborough*, told me of a Horſe diſeas'd and brokenwinded, (as they call it) was turn'd into an Orchard of one Madam *Galoway*, near *Marlborough*; and this Horſe by eating the

Apples that fell from the Trees, and all thoſe he could reach, in ſome little time was obſerved to mend, and grew better and better, ſo that he became again ſerviceable and fit for uſe. And meeting with this Gentlewoman's Son, a Surgeon in *London*, he confirm'd to me the ſame Story; which is the more remarkable, becauſe the Caſe is new, at leaſtwiſe not obſerv'd as ever I hear'd of. That Apples are a wonderful Pectoral *Expertus loquor*, for Apples and Milk, *&c.* ſav'd my Life twice in a moſt deplorable and confirm'd Phthiſis; and I remember that that Learned Gentleman, Sir *John Hodgkins*, ſometimes Preſident of the Royal Society, and Maſter in Chancery, lately deceas'd, told me, that he knew a Conſumptive Gentlewoman worn to a Skeleton, perfectly cur'd by the ſole uſe of Apples and Apple-Water. And of this kind many Inſtances might be brought; but two or three Examples are enough to confirm the thing, *&c.* But to our buſineſs of Cold Bathing.

A Phyſician of good Learning and Reputation told me, that he knew a Smith in *Yorkſhire*, who had a Cancer on his right Side, that had eaten the Fleſh to the Ribbs, and as broad as the largeſt Man's Hand, who was perfectly Cured by Bathing in a Mineral Water, and keeping a Cloth wet in the ſame Water always to it. *Am-*

*Amphillis Brown* of *Hall-Court*, within three Miles of *Bromyard*, in *Herefordſhire*, by drinking and waſhing in a Cold Spring near *Bridgnorth*, was Cured of a Cancer about two Years ſince. Both wonderful Cures! if true Cancers; which I very much doubt, becauſe I have often heard the moſt Eminent Surgeons affirm, that they never knew a true and confirm'd Cancer ever was cured. But to invigorate theſe two relations of Cancers, take this late one, which I my ſelf know to be true. One Mrs. *Margery Bolton*, Wife to Mr. *Edward Bolton*, belonging to the Queens Audit Office, received ſome Years ſince, a blow with the Key of a Door, ſomebody opening the Door ſuddenly, and ſhe behind it, which blow pain'd her much at firſt, but afterwards it ſeem'd tolerable, but not totally receeded; but in ſome time it grew worſe and worſe, at length it grew big, gremous and hard, and pain'd her very much, and at laſt *exulcerated*; ſhe had the advice of ſeveral eminent *Surgeons*, who all view'd it, and concluded that it was an incurable Cancer. About *January* 1707. I was deſired to ſee her, I being acquainted with her Relations, I knew her from a Child; I declare that the Room ſmelt ſo fœtid and cadaverous, that I was not able to endure it; ſhe

told me that ſhe was in a dying condition, and that ſhe ſhou'd never ſee me more, and truly I thought ſo too; ſhe was ſo emaciated and worn away, that I wiſh'd her a comfortable paſſport to the other World, and ſo took my leave of her. In *April* following, I caſually met her Husband in the Street, and I ask'd him how long his Wife liv'd after I ſaw her? he ſmiled, and ſaid that ſhe was alive and well. At which I being aſtoniſhed, preſently went to ſee her; I found her about her Houſe, in her buſineſs, and receiv'd me with a cheerful countenance. I ask'd how ſhe came by that wonderful Cure? ſhe told me, by taking conſtantly a *Mineral Water* in *Southwark* at or near the Dog and Duck, which purged her much at firſt, and keeping a wet Cloth dip't in the ſame Water always to her ſore Breaſt, at length the putrified lump of the *Cancerated* Matter ſeperated form the ſound part of her Breaſt, and hanging only by ſome few Filiments, which ſhe clip'd off with her Sciſſors, it fell to the ground like a piece of corrupt Liver, and applying a pledget of *Ung. Baſilicon* to that part where ſhe clip'd off, was very ſoon cured. I think this is the ſum, if not the whole ſhe told me; but if any body wou'd be farther ſatisfied, ſhe lodgeth at a Shoemakers Shop, in the little

paſſage

paſſage between *Jermyn Street* and *Piccadilly*, very near St. *James*'s Church.

There are many Mineral Waters in the Kingdom that do very great Cures by Waſhing and Drinking; they waſh off, or blunt the points of the Corroſive Salts, which keep the Glands raw, and turn all the ſupply of Chyle, into an eroding Gleet, or fretting Fœtid *Pus*.

My Old Friend Mr. *Edward Rigby*, now Member of Parliament for *Preſton* in *Lancaſhire*, has a very Cold Well, Sainted with the Name of *Anne*, in the Days of Foppery and Superſtition, which Well does a great many Cures, both by Waſhing and Drinking. He has ſent me a great many Caſes of Cures, too long here to inſert; but the chief are Sores of all ſorts; but admirable for ſore Eyes, the Worms in Children or grown People, alſo ſwell'd Leggs, Rickets, wandring Pains, as Rheumatiſms, *&c.* to which a great many People reſort with Succeſs.

There are a great many Cold Baths lately Erected in *England*, and next to Mr. *Baynes*'s, is that at *Batheſſen*, near *our famous Hot Baths*. It is a very Cold Water, ſoft and alkalious, for it will lather, which few Cold Spings will do, ſo the wholſomer to Drink. It riſes on the ſide of a ſteep Hill, with a brisk Current, and runs North-

West and by North. 'Tis in the Grounds of Dr. *Panton*, and by him built, and made very convenient for all the uſes of a Cold Bath. From it is a pleaſant Proſpect to the City of *Bath*, and other various and delightful Proſpects of the Country; and beſides theſe advantages, there is another alſo (but not to be ſpoke of) the Doctor keeps for his Friends, a Cup of Humming good Liquor there alſo; but *Mum* for that, and *Mum* in Print is like ſealing a Bond in private, which begins with *Noverint univerſi*.

The Honourable *Charles Stanley*, Eſq; Brother to this preſent Earl of *Derby*, has made a Noble Cold Bath in *Grippy Wood*, near *Ormskerk* in *Lancaſhire*. I am told he has made it a very compleat Bath, with all the uſual conveniencies. 'Tis but lately Erected: and the firſt Man that went into it for any Infirmity, was a labouring Man, one *Thomas Beck*, whom it Cur'd in a very few Immerſions: but what his Caſe was, I was not inform'd, any farther then Aches and wandering Pains.

What the *Briſtol* and other Cold Baths do, I do not hear; but this I know, that all Cold Baths do the greateſt Cures to thoſe People who have been in our Hot Baths firſt; and why it ſhould prove ſo, the Reaſons to me are very clear.

For

For firſt, a clammy, cold, phlegmy, tenacious Humour fixt, can never be remov'd by the Cold Baths, but ſtiffen'd and made worſe; but when relax'd and looſen'd by the ſoft diſſolvent Waters of the Hot Baths, the viſcoſity of thoſe tough Humours are melted down, and waſht off by Sweat, and much the ſooner and eaſier when aſſiſted by the Blood and Spirits, brisk'd and invigorated by conſtant drinking theſe *Nitro-Sulphureous* Waters, warm from the Pump.

Then indeed, like Winter's ſucceeding Summer, the Cold Bath may be ſeaſonable (when the morbid Matter is remov'd) to ſtrengthen and confirm the Muſcles, and Tone of the Parts; it braces the Nerves, and relax'd Membranes, and ſo fits their Drum to beat a March to the next Tavern, where they ſit like ſo many *Turks* in their Napkin Turbants, and with Anti-chriſtian Diſcourſe over Chriſtian *Wine*, carefully ſpill nothing but their Healths, and ſo God knows marr many a good Cure.

And I have known many Caſes, in which neither Hot nor Cold Baths have touch'd ſingly; yet join'd, that is, ſucceſſively uſed, have perform'd the Cure.

I have known, when the Blood has been heated above its Standard by Drinking ſtrong Waters, burnt Wine, *&c.* or Swimming, Diving, *&c.* or ſtaying too long on

the hot Springs, that ſuch violences have thrown 'em into Fevers, which was the Caſe of Dr. *Conqueſt*, by drinking quanties of ſtrong Wine after the hot Bath Water, which led it into his Blood, and gave him ſuch a *Plethora*, of which he died, which Bleeding, nor any other Evacuation avail'd, his Blood being Sizy, Putrid and corrupt, but Dr. *Baden*, (a Man much lamented) after having heated himſelf with Dancing went into the hot King's Bath, and drank Wine there, which threw him into ſuch an intenſe *Fever* as I ever ſaw Man in, he fooliſhly on his own Head purged himſelf, when he ſhould have Bled plentifully, the want of which was his Deſtruction; he ſent for my *Self*, Dr. *Gould*, and ſeveral Phyſicians, when it was too late, but when Dead, before he was Cold, when ſtirr'd and laid upon the Floor, the Blood iſſued from his Noſe and Mouth very thin, and much in quantity, the conſtituent Parts of that Fluid, *viz.* the *Globles*, being broken and deſtroy'd. My *Experience* at theſe *Hot Baths*, has been of no leſs than 37 Years ſtanding, and in that time I have known many have miſcarried, thro' over Bathing and drinking ſtrong Liquors in the Bath, and many over Heated and Feveriſh, I have recovered by giving them *Plantain* Water, with Syrup of Lemons, as a Julep, after Bleed-

Bleeding, which is the firſt thing to be done, and at Night an Emulſion of the cold Seeds, with the Decoction of Plantain or the diſtil Water; but if you find the Fever very intenſe, the Pulſe hard, and much too frequent, the Face high Colour'd, the Eyes *Blood-ſhed*, and the Patient reſtleſs and uneaſy, I have frequently given this Julep with good Succeſs.

℞ *Aq. Plantag. Lujul Equiſet (ejus defectu è Germ. Quec. aut Symph. Maj.) an.* ℥iſs. *Cinnam. fortior. Epidem. an.* ℥iſs. *Syr. de Mecon.* ℥ſs. *ſpr. Vitriol dulcis Gutt.* x. *miſce capiat hora quietis.*

For his conſtant Drink when Thirſty, Pippin-Thea, ſweeten'd a little, with Syrup of Rasberries, *&c.* and a little Liquoriſh or Althea Root, infus'd in the Thea will prevent Griping, which ſometimes Apple Water will give. I have found Plantain, and ſuch gentle cooling Reſtringent Plants to be of wonderful uſe in Fevers, for they preſerve the Texture of the Blood if given in quantity. And I remember that *Marggrave*, a publick Profeſſor of Chymiſtry in the Univerſity of *Leyden*, 40 Years ſince told Dr. *Johnſton* of *Warwick* and *my Self*, (when his Heart was a little open'd with Wine) that Plantain and the Preparations of it, was in general the greateſt *febrifugium*, that

that he knew of any one Medicine, either Galenical or Chymical, *&c.* And the hot Stoves and Bagnio's in and about *London*, has been the Deſtruction of many a Man, by over-heating the Blood after Exerciſe or Drinking, *&c.* as ſome of the keepers of thoſe Houſes, have ingeniouſly confeſs'd to me.

Which unhappy accident proves the Truth of my Aſſertion, when either Heat or Cold drives contrary ways, tho' the ſame, or contrary qualities: For Heat made from within outwards, going into Heat, preſſing from without inwards, makes a ſtrange hurry and bluſter in the Blood: And in ſuch a Caſe there is but one way to quiet and appeaſe that Quarrel, which I found out by an accident on my ſelf.

In Cold Water alſo there is the like diſorder, if Men go into it Hot from Exerciſe; ſome have had their Limbs taken away, others their Hearing, as a Gentleman on his own Head went from the Hot Bath to the Cold Bath at *Briſtol*, and being hot with Walking, and entering into a Sweat, was at the firſt dip, or duck, taken Deaf; but was afterwards reſtor'd, but not without ſome trouble. And here 'tis very pertinent to inſert a Letter of an Ingenious Young Gentleman, a Member of this preſent Parliament, whoſe Caſe is extreamly appoſite to this purpoſe.

*To*

## *To Dr.* Edward Baynard.

*SIR,* *Feb. 3d, 1705.*

HEaring you were upon making ſome Obſervations on the Cold Baths, and the operation of Heat and Cold on Human Bodies, I could not but acquaint you with ſome Experiment of that kind. The Experience of which, I muſt confeſs, I have unfortunately bought. And the thing is this.

About Eleven Years ago in the Summer time, when Graſs was ready to be Mown, I being a School-Boy, went down to a River, with four or five more, where, after we had been all in the Water, we ran about the Meadows, all Naked to dry our ſelves: But the Weather being exceſſive Hot, we ſoon exercis'd our ſelves till the Sweat ran; upon which, I being in a Sweat as well as the reſt, went to the River and leapt in. I no ſooner was in the Water, but my Limbs fail'd me, and there I lay helpleſs, the reſt not daring to come to help, fearing the like Accident, 'till one being ſomewhat cooler and bolder than the reſt, lifted me out of the Water. Upon this, I was carried home, where after having taken ſomething by the direction of a Phyſician, who happen'd then to live in the Houſe with me, next Morning I had the uſe of my Limbs, as well

well as ever: But alas! every thing was in a deep Silence, all Mouths had loſt their Tongues, Bells their Clappers, Birds their Notes, Trees their Whiſtling; in ſhort, e'ery thing mov'd, as it were, by Enchantment; and to conclude, my Senſe of Hearing was ſo firmly lock'd up, that *Ulyſſes* ne'er ſecur'd his Companion's Ears ſo well againſt the *Sirens*, as mine were againſt all Sounds whatſoever. But, I thank God, by degrees my Hearing came to me, and I Hear now very well.

I ſhall add but one thing, and that is, my Head was not under Water, which, perhaps if it had, it might have had other Effects. But this I ſhall leave to your Conſideration, Who am,

*Your humble Servant,*

G. D.

From what has been ſaid, there is cauſe enough of Caution, how Men unadviſedly run into Water either Hot or Cold, after being warm'd by Exerciſe, or ſpontaneous Sweats, for ſuch Sweats are oftentimes critical: And to make a check upon a Criſis, when Nature is throwing off the morbid Matter, may be of moſt dangerous Conſequence, and with the greateſt care and circumſpection to be avoided. 'Tis true, what Cuſtom may do for early uſage, I can't account

count for; for 'tis matter of Fact, that in *Holland*, *Flanders*, and thoſe Countries, when their Horſes are all in a foam, by Sweat and Labour, they immediately ruſh 'em into Cold Water, and ſet them up, and yet they get no harm. But Horſes that have not been accuſtom'd to ſuch uſage, muſt receive great damage by it; but let a Horſe be never ſo hot, if you Swim a River on his Back, and Ride him hard after it, he receives no harm, becauſe the motion of the Blood and Spirits being made the ſame way that it was before he took the River, is continu'd from within outwards, from the Center to the Circumference; and the check made by the Cold Water, can be but ſmall, becauſe the Horſe labouring in Swimming, continues the ſame motion, and with as much labour as he did in his ſpeed in Running, *&c.* but it is the ſtanding after ſuch violent Exerciſe that does the miſchief. So walking a Horſe, or any other Animal ſo heated, until he become cool, no Injury enſues: And I heard an old *Oliverian* Souldier ſay, That they preſerv'd their Horſe much better than the *Cavalier* Party, by only obſerving ſtrictly the injunction laid on them by their Officers, to walk their Horſes after a hard March, until they were cool, *&c.* And Huntſmen will tell you, it has often been obſerv'd in *Foxes*, that after a hard Chaſe, they'l

they'l walk themſelves cool before they Earth. But the ſilly Hare ſquats in her Heat, and has often been taken dead, and ſtiff, from her Form.

I once in Hunting a fallow Deer in the Month of *July*, and a very hot Day, ſaw a ſprightly Colt about 2 Years old, follow'd the Dogs over Hedge and Ditch during the Chaſe, and, I think, the Buck ſtood about four Hours before he ſunk, and was ſeiz'd by the Dogs. This Colt being very Fat, and all over in a Foam, ran into a Pond, drank his fill, and then lay down; the Huntſmen with much ado got him out, but he died in leſs than half an Hour. And here I remember that Colonel *Rampfield* of *Hardington* in *Somerſetſhire*, told me, That a Stag, after a very hard Chaſe, took the Water, drank his fill, and ſtood at Bay with the Dogs, but ſoon ſunk. And he did ſolemnly profeſs, to his great amazement, that cutting the Deer's Throat whilſt he was warm, the Blood ſtunk, and was Putrid, as it run from his cut Jugulars, *&c.* He was a Gentleman of Worth and *fide dignus*, and ſince I have heard ſomething like this confirm'd by others.

How many have been deſtroy'd by drinking cold Liquors, after heated by Action? Contrarily, the Guides at the *Hot Bath* never catch Cold, by drinking cold Liquors, tho'

tho' never ſo hot, by Bathing; and what is worth Obſervation. After a large draught of Beer, or Ale, (if hot by Bathing) that the Sweat ſhall immediately burſt forth, and ſtand like ſo many Pearls upon their Skins; which old *Stephens*, who was a Guide above 50 Years, has often ſhewn me in the ſlip; and tho' through ſuch profuſe Sweats, they Piſs but little, yet many of them live to great Ages.

I am of the Opinion, that Man is not a drinking (becauſe not a carnivorous) Animal, at leaſt no more than a Rabbet, or Sheep, forc'd to it when the Graſs is Sun-burnt, Parch'd, and Dry, for if we liv'd as did the *Antediluvians*, on Fruits, Roots and Herbs, *&c.* thoſe Eſculents had moiſture and ſucculency enough to abate, (or rather to prevent) Thirſt. For under a ſtrict Temperance, where Men Sweat but little, and and uſe no Salted Meats, they are ſeldom or never Thirſty. And I knew a Man that told me he had not drank in a Month; but then his Food was Apples, Melons, *&c.* And the leſs Men Drink, nay and Eat too, the better Health they enjoy, and are briſker and more lively than the *Sot* and *Glutton*, and live twice or thrice their Ages; for their Organs are leſs uſed, and conſequently leſs worn. They breed leſs Spirits, leſs Blood, the Veins and Arteries are not ſo fill'd

fill'd and crowded, the Circulations not ſo ſwift and frequent, the Bowels not ſo thin, and the Mucus not waſh'd off, which is not only a Lining and Defence to the Stomach and Bowels, but to the Veins and Arteries alſo, to keep their Coats from wearing in too quick and frequent Circulations, which in unneceſſary and thirſtleſs Epotations, eſpecially of ſtrong and ſpirituous Liquors, that unthinking Animal, the Drunkard, puts the fatigu'd Troops of his own Houſhold (*Sots Hall*) too often upon; till they ravage and lay waſt that Carkaſs, in a few Months, which might have ſerv'd an honeſt and ſober Soul to have liv'd comfortably in a hundred Years. Who, when he is forſaken of his Health, Mony, Time, Friends and God, too late cries out, in the bitterneſs of his Soul: Oh! that I had been Wiſe, *&c.*

But, *ad Rem.* I am of the Opinion, that Spring Water, cover'd, in a Houſe, is much colder in the Night than in the Day, conſiderably Colder I mean, than the abſence of Light can be ſuppos'd to make it; eſpecially three Days before and after the new and full Moon, as the Spring Tides riſe and fall; they give a ſtrange frigidity to the Air, about that time, eſpecially when the Wind is at any Northern Point. This I have tryed by my Hand, but not yet with

a

a Thermometer. That Cold is a Poſitive, and not a Privation, *Sebaſtianus Wirdig*, in his Tract *de Medicina Spirituum*, tho' Paradoxical enough, yet in ſome of his Notions he may be right. He ſays, That the Moon is as truly the cauſe of Cold, as the Sun is of Heat; and he calls it a Cold Fire, and that it burns from its intenſe Frigidity, *&c.* and that the Lunar Rays were the true and ſtrict cauſe of Cold: his Words are,

*Ut Calor is ignis Solis ſeu Solaris qui calidus eſt, & à Sole tanquam à fonte ad nos radiat, ex oppoſito frigus erit Ignis frigidus, ex Luna ad nos demiſſus.*

—— *Frigus autem eſſe Spiritum Lunarem monſtrabo I per Mechanicam. Radii Lunares collecti per Lentem ſeu Speculum concavum frigidi ſunt & igne ſuo frigido Spiritus verrucarum vegetantes enecant.* And mighty fond he is of this Notion, that Cold is a Fire, and that the Eaſterly Blaſts, as the *Eteſiæ*, burn the Leaves and tender Twiggs, which blighted Leaves, *&c.* if rub'd between your Hands, ſmell very ſtrong of a Sulphurous Gas. And that moſt intenſe Cold will extinguiſh a Candle. I ſuppoſe it muſt be by ſheathing the keen Particles of Niter into the Tallow, which Niter is invellop'd in the frozen aqueous Particles of the Air, which thawing by the Flame, it is by them

extinguiſh'd, or elſe the Flame reaching and melting the ſmall Volatile frozen Icicles hovering in the condens'd ambient Air, reſolves it into a Fog or Miſt, which damps, ſuffocates and choaks the Flame.

*Imperium ſibi arrogat frigus in ignem, ita ut intentiſſimam Candelam extinguat.*

That the *Cold Bath*, the colder it is, the ſwifter the Spirits concentrate and flie from it, is ſeen in Cyder and other Spirituous Liquors throughly frozen, where all the Phlegm ſhall be condens'd, and the vinous inflamable Spirits crouded and concenter'd in the middle of the Veſſel, *&c.* which Spirit is generally more or leſs, according to the ſtrength of the Liquor. But a Country Gentleman told me, that he in the great Froſt, *January*, 1683. ſaw'd a Hogſhead of very good Cyder ſo frozen, in two, and that he had not above the 55th. or 60th. part of pure Spirit; for ſome was ſplit in the Operation, and that it lay in a Neſt of an Oval form, *&c.*

I have obſerv'd ſome of the beſt Cures, done by the *Cold Baths*, is from a ſudden Plunge over Head, and ſo immediately go out, and repeat it two or three times in a Day, eſpecially twice in a Morning, an Hour or two between each Immerſion, when the Stomach is empty; for then the Body's not repleated and ſtuff'd with Food,

and

and the Head ſerene and clear, the Spirits have room to ſhoot, retire, and concentrate, which upon going out of the Bath, the preſſure and frigidity being taken off, by their ſpringy and elaſtick Power, force their way and paſſage through the obſtructed Nerves, *&c.* but long ſtaying in, weakens their force, and the benefit of the Immerſion is loſt.

Hence I may Inſtance for a Simile, a Bow which drawn ſmoothly to the Arrows Point, and that Moment let flie, it ſoars aloft, and anſwers the intent of the Shooter; but if it be drawn to the Head, and there held five or ſix Minutes, the Fibers of the Bow being weakn'd by ſo long a tenſion, it hardly has ſtrength to eject it far from the ſtation of the Archer.

A Gentleman of the *Temple*, a hale ſound Man, of a ſtrong athletick Habit, out of a Humour, and to try his ſtrength, ſtay'd in the *Cold Bath* of Mr. *Baynes*, at leaſt 15 or 16 Minutes; but it ſo chill'd him, that he had much ado to recover it, and was not well in ſome time.

Another ſtay'd in St. *Mungo*'s ſo long, until the Veins in the extream Parts began to look black, and the Blood ſtagnate, but was, thro' care, recovered; but came not rightly to the free and genuine uſe of his Limbs in ſome Months. So that the beſt Remedies have their *nocumenta*, when ill ad-

administred, over-dos'd, or abus'd thro' Folly and Ignorance. So Patients in these Courses should be rul'd by their *Physician*, and not jest away themselves out of a Bravado; so a Man that can't *Swim*, and han't help near, *an Inch* over the *Nose*, will as soon *drown* him, as if cast away in the *Bay* of *Biscay*. But, I hope, a Word to the Wise is enough.

The best and wholsomest thing in Nature may prove noxious, by intempestive or immoderate Use, according to the old Distich.

*Balnea, Vina, Venus, corrumpunt corpora nostra*
*Restituunt eadem, Balnea, Vina Venus.* (Stra,

Baths, Wine, and Wises,
Destroy, if took too much,
But Healthful all,
When Now and Then a Touch,

So that nothing can be so friendly to our *tender Natures*, as the temperate use of every thing, especially those which relate to our *Healths*; and 'tis rare to see very Old Men, or Women, but in some one thing they were always cautelous, and liv'd by a certain Rule, either in Eating, Drinking, Rest, Exercise, *&c.* or not easily angred or disturb'd by other turbulent *Passions* of the *Minds*; and 'tis such People that usually bring sound and healthful *Children* into the World; and on the contrary, the Proud,

Haughty, Froward, Ill-Natur'd, that vex and fret at every Trifle, together with their high savory *Sauces*, Wine and strong Drink at every Meal, Supping in a Morning, and Dining at Supper Time, bring a brood of miserable small *King's-Evilly*, *Scabby*, *Rickety Infants* scarce worth the rearing.

*If such the* Off-springs *are of Parents Lewd,*
*What must the Product be of th' second* Brood
*And their* produce, *will still be worse and worse,*
*Besides the* Ails, *the Child suck's from the Nurse?*

And now I speak of the *Rickets*, I know nothing in Nature so *Specifick* and present a Cure as Cold Immersion: and therefore, I believe, this Distemper was not known in the time of *Hippocrates*; where he says, Cold is naught for the Bones, Brain, Teeth, Nerves and Spinal Marrow, *&c.* where chiefly the seat of the Rickets lies. His Words are τὸ ψυχρὸν πολέμιον ὀστοῖσιν, ὀδοῦσι, νεύροις, ἐγκεφάλῳ, μυελῷ. And concludes the end of the Aphorism, τὸ δὲ θερμὸν ὠφέλιμον, by which he means *Heat*, or *Warmth*, are of use, and comfortable to these Parts, to which he supposes, that Cold is injurious. As to *Cold*, I conceed and agree with him, *quatenus Cold*; but cold Immersion only acts as cold upon the *Surface*, and outward *Skin* and by closing the *Pores*, &c. stops the perspiring *effluvia*, and turns those heated and

warm Steams on the Blood again, which muſt invigorate the Blood and Spirits by the addition of that *Heat*, which is loſt by a continued *perſpiration*, the Body being incarcerated in Water, and all the *avenues* ſtopp'd up, even *reſpiration* for that Moment of *ſubmerſion*; which, I think, is the only meaſure of *Time*, (Children at leaſt) and *Weak* People, ought to ſtay in the *Cold Bath*, and let the Immerſion be the oftner repeated; by which means they would be ſecur'd from thoſe *accidents* and *hazards*, which a longer ſtay might bring upon them. And this ſeems to be the Sentiment of the Learned *Sennertus*, l. 4. c. 7. *de Baln. Frigida vero aqua Partes quidem, quas attingit, refrigerat, ex accidenti tamen, Poris concluſis, atq; intro repulſo & coacto calore, calefacit. Unde ſi ex diſſipatione calor nativus periclitatur, frigida tempeſtive exhibita eum recolligendi & conſervandi non parvam vim habet totumq; Corpus, & imprimis carnoſam Muſculorum ſubſtantiam firmat.*

As to the *Rickets*, it was a Diſtemper in *England* almoſt worn out, but now it begins to come in *Play* again. But in the time of King *Charles* I. it was almoſt *epidemical*, few Families eſcaping it; eſpecially thoſe that were Rich and Opulent, and put their Children out to Nurſe; where, thro' unnatural *Uſage*, and vitious diſagreeable *Milk*, the Infant

was ſoon ſpoil'd by contracting from the drunken *Nurſe*, *Cacocymious* Juices; hence with the growing *Infant* grew up, the *Boot* faſhion for the Men, and long *Coats* for the Women; for they were ſo aſham'd at their crooked *Leggs*, that they wore *Boots* to hide them. And this beginning at *Court* (among the *Quality*) the ſtreight Legg'd *Fools* muſt follow the Faſhion, and wear *Boots* too, with great Boot-Hoſe tops of fine Linnen, lac'd, *&c.* and Jingling *Spurrs*, which gave occaſion to the then witty *Spaniſh Ambaſſador* at his return home, to jeſt upon our *Follies*; for being ask'd by his Maſter, the *Spaniſh King*, if *London* were a poulous *City*? he anſwer'd, it *was*. Was, reply'd the *King*, why is it not ſo now? no, quoth the *Ambaſſador*, I believe they are gone e're this, for they were all *Booted*, before I came out of *Town*.

Theſe *Nurſes* ſpoil and deſtroy, through neglect and want of (true Mother) *Tenderneſs*, two thirds of the poor Infants committed to their Care. A very pious and good Man, *Miniſter* at this time of a certain Town not far from *London*, on the Banks of the River of *Thames*, told me, with a great deal of Sorrow and Concern, that it was the greateſt trouble he had in the World to ſee, even in his own *Pariſh*, how many Children were ſacrific'd Yearly to the bar-

barous Treatment and ill Uſage of their *Nurſes*, what with bad Milk of their own, and feeding the young Infant with mixed Meats and Drinks, as *yeaſty* new *Ale*, or *Stale-Beer*, &c. which makes it *Puke*, or gives it the *Gripes*, from green porraceous *Bile*, &c. Then it has the *Worms* forſooth, and muſt be phyſick'd the Nurſes way, by ſome neighbouring drunken old Woman, or favourite *Quack* or *Apothecary*, who vouches for the Nurſes Care, that its time was come, and no more could be done; and this diſmal Alarm is poſted to the *Parents* two Hours after it is dead, to haſt down, the Child being ſuddenly taken very *Ill*, and that uſually when 'tis over-*laid*, or *choack'd* with hard *bandage*, &c. Down comes Madam the *Mother*, furbulo'd, with an erected *Rump* (crying and bellowing) and running about *half Mad*, like a *Cow* ſtung with a *Gad Flie*, and with her *Maid* laden with *Pots*, *Glaſſes*, *Venice-Treacle*, *gooay* Kents's *Powder*, *Goat-ſtone*, *Black-Cherry-Water*, &c. And after her, *Eaſie*, her Huſband with a Coach and four, with perhaps, a brace of *Doctors*, or ſome famous *Child's* Apothecary, *&c.* And thus the *Parents* are kept in the *Dark*, and the *Murther* of their Children ſtifled, when all this might have been avoided, by bringing the Child up by *Hand*, at home, under the Mother's *Eye*, if

through

thro' Weakneſs, or want of Milk or good *Nipples*, ſhe could not Nurſe it her ſelf. But theſe deficiencies in the Mother, are chiefly owing to her *Parents*, who muſt have Miſs fine, and tight lac'd for a *ſlender* Waſt, or a *Ball* or a dancing *Bout*, &c. hence the Nipples are ſqueez'd in, and the whole Breaſt laid flat, when young. Thus the *Glands* are preſs'd and injur'd, and made incapable *fungi officio*, in lactifying and ſweetning the Blood into that delicate *Juice* call'd Milk, and ſometimes worſe accidents attend theſe hard Lacings, as *Cancers*, *Scirrhous* and hard *Tumors* in their Breaſts, *&c.* But Women that are not able to Nurſe their Children, and will not, thro' Pride, Lazineſs, or ſomething elſe not to be nam'd, are Monſters or the worſt of *Brutes*: for nothing can be ſo friendly and homogeneous to the *Child*, as the *Mother's Milk*, being of (or very near) the ſame *Subſtance* of which the Child was *made*, and nouriſh'd in the *Womb*. And I am of the Opinion, that without *God's great Mercy*, there are more Women *damn'd* for Child-deſtroying, than *ſaved* by Child-bearing. Do they know what they do, when they fooliſhly, or wickedly deſtroy a *Child*? who knows what this Child might have come to? They may rob Heaven of a *Saint*, the Throne of a *Prince*, the Church of a *Biſhop*, and the Bench of a *Judge*, &c. Great Men

Men and good Men have ſprang from mean *Parents*, and ſmall Beginnings, and yet have been inſtrumental to ſave a *Kingdom*, Examples that Hiſtory is full of, *&c.* I knew my ſelf as proper a Gentleman as moſt in *England*, was ſaved in the *Birth*, by a deſign to deſtroy him. His Mother was ſpent with *hard Labour*, and a skilful Man being ſent for, to *deliver* her, and ſeeing no poſſible means elſe left to ſave *her*, ſtruck his Inſtrument into the *Roof* of the Child's *Mouth*, inſtead of the *Skull*, and ſo brought him into the World; and, I think, he told me his *Mother* was alſo ſav'd. He was a Gentleman of an ancient Family in *Cheſhire*. By this Wound, he had a great Impediment in his *Speech*, but might be very well underſtood, when he took time to expreſs himſelf.

But now to tell you how many *Children* have been deſtroy'd by *Swathing* and *Rowling*, is a *black Scene*. Hence moſt Diſeaſes of the *Cheſt*, and *Lungs*, *Aſthma*'s, ſhort *Breathings*, *Conſumptions*, and all the Coughing *Tribe*. I have open'd, and ſeen open'd, a great many Men and Women in my Life, and I profeſs, near the *half* of what I ſaw, either one *Lobe* or other *ſtuck*, adher'd, and grew to the *Ribbs*, that is, the *Pleura*; and I principally attribute this misfortune to *Swathing* and *Rowling*: and my Reaſons are

theſe

theſe. Firſt, it has been obſerv'd, as far as I could learn by enquiry, that the *Indians*, and ſeveral other Nations, as the *High landers* in *Scotland*, the native *Iriſh* are proper, fair, ſtreight, becauſe never *rowl'd*. My next Reaſon is, becauſe *Infants*, when ſo very Tender and Young, are little better than a *ſquab Duck*, or Chicken, a meer *Callus* or *Gluten*, and may be *writh'd* and *wrung* by the leaſt miſ-bandage into any inform *Figure* and *Shape*: Hence *crooked Backs*, *backle Hams*, *Baker Knees*, &c. Now when this poor Infant is tight *rowl'd*, and wrap'd in Flannel, nay Flannel upon Flannel, and laid to Bed in *Harneſs*; 'tis impoſſible that the *Cheſt* can expand to its full ſtretch in Inſpiration, ſo conſequently can't grow to its due extent; but the *Lungs* are at liberty (for they can't be *rowl'd*) and ſo grow in bulk, too faſt for the Cheſt in breadth; but the Breaſt not extending equally with the growth of the Lungs, the Lungs grow too big for the hollow of the *Thorax*, and by touching and adhering to the *Pleura*, there ſtick and grow.

Hence 'tis that for the moſt part ſuch Children are *Pot-belly'd*, and have large *Heads* becauſe the Head and Belly can't be ſo conveniently rowl'd as the *Ribs*, &c. and ſuch Children, if they live, beſides the infirmity in *Breathing*, are uſually *ventricous*, and

not

not so *agil* and *nimble* as other Children, and are apt to slide into white *Swellings* and *Leucophlegmatia's*, &c.

Observe a Child when 'tis *loose* and *unrowl'd*, before the Nurse puts it to *Bed*, how it plays with its little Hands and Leggs, and is so pleas'd; and how sowr and froward, when 'tis *buckl'd* up for a whole Nights *Pain* and *Torment*. 'Tis a great Shame that greater care is not taken in so weighty an Affair, as is the *Birth*, and *Breeding* of that Noble Creature, *MAN*: and considering this stupid and supine negligence, I have often wondred that there are so many Men as there are in the World. For what by Abortions too too oft caused by the unseasonable, too frequent, and boisterous, drunken Addresses of the Husband to the Wife, when young with Child, and her high Feeding, spiced Meats, Soops and Sauces, what with strait Lacings, Dancings, and the like, one full half of the Men begotten are destroyed in the *Shell*, squob'd in the *Nest*, murther'd in *Embryo*, and never see *Light*; and half of the other half *overlaid*, *starv'd*, *poyson'd* by ill Food, and kill'd at *Nurse*, &c.

Tho' breeding Children by Hand is as safe a way when under the care of the *Mother*, *Aunt*, or some near Relation, yet Womans Milk is much better, and more Natural: but

but if the Mother be under ſuch circumſtances as not to be able, let her chooſe a *Nurſe* of the ſame Complexion, ſame coloured *Hair*, *Diſpoſition* and *Temper* of *Mind*, and as near as ſhe can of the ſame *Age* too; for the ſtrong Milk of the *Red* and *Black*, will not agree with the *Fair* and *Brown*, &c. and let the Nurſe uſe her ſelf to Chearfulneſs, and a cooling Dyet, often eating thin Milk-Porrage, and often drinking a Glaſs or two of good Spring-Water, once in a Day at leaſt, eſpecially after eating a full Meal of *Fleſh*, and drinking *Wine*, or any other ſtrong *Drink*, &c. for that will temper and allay the *Acrimony* of the Blood, and dilute and waſh off by *Urine* thoſe *cauſtical* and *acrid Salts*, which often are the cauſe of *Gripes*, and ſometimes *Convulſions*, &c.

If the Nurſe, at any time, drinks any fermented Liquors, let it be a ſmall, well brew'd, clear *Ale*, neither *new* nor *ſowr*; but above all, let her have her due *Reſt*, and go to her Repoſe betimes. Sleep ſoftens and ſweetens the *Juices*; for the ſecretions are better made in the ſtate of *Quietude* and *Reſt*, than in *Action*, *Noiſe* and *Hurry*: This is every Days Experience at the *Bath*, (and in all other Places where 'tis obſerv'd) that the *Waters* paſs beſt, either ſitting *ſtill*, or lying in *Bed*.

I have

I have been ſent for often, and ſometimes knock'd out of Bed, to Children juſt dying, in *Fits*, as they call it; and ſometimes have ſeen the *Child* black in the *Face*, *Hands* and *Arms*. I ſtraight caus'd it to be ſtrip'd *naked*, and the Child was well in an Inſtant: And I always found (or very rarely otherwiſe) that it was either tight *Swathing*, *Chin-ſtays*, or other hard Bandage, was the only cauſe of the Fright and Fear.

And if all the *Phyſicians*, *Chirurgeons* and *Apothecaries*, ſhould club their Obſervations on this Head, I doubt (beſides what really die for't) two thirds of the People of this *Nation* have been a hundred times *half hang'd*, before they were a Year Old.

How many poor *Infants* have I ſeen brought *ſhackl'd* to the *Font*, half choak'd to receive the firſt *Seal* of its *Salvation*, with a Face as *black* as my *Hat*, as if it *bluſh'd* for Original *Sin*, and all through the ſuperfine tight Dreſſings of Madam the *Midwife*, or her principal Maid of Honour, Mrs. *the Nurſe*,; nay, ſome have been ſo hard ſwathed, they have been forc'd to ſlacken the Bandage, even in the *Church*.

Now, when they chriſten'd Children by *Immerſion*, the poor *Infant* was ſecure from that Days Puniſhment; for doubtleſs they carried it looſe to the *Font*, in order to the more convenient and ſpeedy *dipping* of it in.

in. I could wiſh all *Mothers*, *Midwifes* and *Nurſes*, &c. to whom theſe *Preſents* ſhall come, that it may be *impreſs'd* on 'em (like the beginning of Bonds) with a *noverint univerſi*, that they may not only be admoniſh'd of this great *Fault*, but that they *amend it* alſo.

One thing I had almoſt forgotten, which is as *material* as any thing ſaid; that I was hardly ever call'd to any Child *convulſ'd* in the *Mouth*, but upon enquiry, I found that thoſe *Fits* (moſtly) proceeded from giving the Child *SACK*, or other *ſpirituous Liquors* analogous to it, or at leaſt diſcovered the *Effect* from the *Cauſe*, when the *Mother* or *Nurſe* chear'd up their Spirits ten times in a *Day*, with a plentiful *Doſe*; but what more wonderful is, that this unnatural uſage ſhould ſo long prevail among *Men* (ſo tender of their *Species*) when every Butcher knows it would kill his Calf, without either Ax or Hatchet; nay, even ſome of our famous *Bottom-wrights*, for want of a right *Bottom*, the *Mid-men* have ſo far conſented to this fatal and pernicious *Practice* as never to diſcountenance or forbid it; and without the ſtop begins there, or quaſh'd by Phyſicians, I doubt thoſe great *Errors* will amble on, to the end of the Chapter. And ſo I ſhall conclude this Subject with a Relation of a Child almoſt

ſweat-

ſweated and ſmother'd to death, by the over-care of its own Parents.

I was ſent for to this *Child* (not far from the *Bath*) about three quarters of a Year Old, dying as the Meſſenger told me. I found it in a great Sweat, hard *tuck'd* in a wooden *Cradle*, and in the heat of Summer, the Month of *July*. I caus'd the Child to be taken out, and brought near the Fire, ſo ſtript it *naked*, and put on it a warm clean *Shift*, (the Cloaths taken off the Child both Linnen and Woollen, were ſo *wet*, you might have *wrung 'em*) and over the Linnen Shift, a looſe ſort of a Child's Gown. The Child's *Tongue* was very white, it made ſigns for Drink, I cauſed three parts *Water*, and one part *Milk*, to be heated a little under Milk-warm; 'tis incredible to tell how much of it that poor Infant drank, and ſoon fell aſleep; in which Sleep, it had a large looſe *Stool*, and five Hours after, when it awak'd, it was as well as ever it was in its *Life*. I believe the looſe Stool might proceed from the large *quantity* it drank; and the Mother afterwards told me, that they obſerv'd that the Child made no Water in a great many Hours after it awaked, and then it was not in any quantity, ſmelt very ſtrong, and high colour'd, as much as they could perceive, by ſtaining the Clouts.

Telling

Telling this Caſe to my learned Friend Dr. *Cole*, quoth he, I doubt not but many young Children are *deſtroy'd* by ſuch uſage; and not only Children, but *old Folks* too. I remember, ſaid he, that I was call'd in where another Phyſician had deny'd a Man *Drink* in a moſt intenſe *Fever*, with a *Pleuriſie*, that the *Blood* was ſo *glutinous* and thick, that it could not run (for want of *dilution*) tho' the *Vein* was fairly opened. I order'd the Patient to drink as much as he pleas'd; upon which, he bled freely, and preſently began to *mend*, the *heat* vaniſh'd, the *Pleuritick* Pains went off, and the Man recover'd in a Day or two.

I could give a 100 ſuch *Inſtances*, where People of all *Ages* have been loſt, by being deny'd *Drink*; and in the *Small Pox* it has been of fatal conſequence; for it not only hinders the filling of the *Puſtules*, but the fiery alkalous *Salts* are thereby retain'd in the *Blood*, and not waſh'd off by *Urine*, which does not only increaſe *Thirſt*, but is the chief cauſe of *Inquietude*, and *Reſtleſneſs*, &c. and an *Apple* or two boil'd in *Milk* and *Water*, and ſtrain'd off, and drank *quite*, or very near *Cold*, is the beſt *Julap* in the World. I could enlarge upon this Head, from my *own*, and other *Phyſicians* Experience, but *verbum ſat*.

By this ſhort digreſſion from my purpoſe, I have eas'd my *Mind* of a debt I ow'd to the defence of helpleſs and tender *Infants*; and I

could heartily wiſh, that thoſe of our *Faculty* who are more converſant among the fair *Sex*, as aſſiſtant to them in their hard *Labours*, &c. that they would caſt an *Eye* a little beyond the delivery of the Woman, to ſee how a ſprawling mighty NASSAU, or ſome other great and glorious *Captain*, was manag'd in his Mantle. For what *Atchievements*, what *Revolutions* have been brought about by a brave and gallant Man? How ſoon might a *Bacon*, a *Drake*, a *Rawleigh*, a *Camden*, a MARLBOROUGH, or a *Tillotſon*, been *ſtifled* and *over-laid* by a ſluggiſh and drouſie *Nurſe*? 'Tis *God-like* to ſave from the *Grave*: and as no thanks are due for the acts of our Duty, in ſaving a helpleſs and periſhing Infant; ſo for that only, no reward can we expect hereafter, it being a Debt of our own (tho' our Enemies Child) impreſs'd on *human Nature*, to be merciful to the miſerable, and help the feeble, weak and helpleſs, *&c.* and he that ſhall dare to out-dare that implanted heavenly *Temper*, ſtruggles with himſelf, to divert himſelf of himſelf, and ſwops the *Man* for a *Devil*, &c.

Of the power of *Cold* Water, in a ſuppreſſion of Urine, caus'd from too long retention, I have many inſtances, ſome few wherof I ſhall here mention.

A Gentleman at a long Tryal at *Bar*, in a Title of *Land*, where his *All* was at ſtake, held

held his *Water* so long, that when the Trval was over, he went to make Water, but could not, the *Fibres* of the Bladder being so much, and so long extended, that they could not contract. The Gentleman lay all Night in extream Pain, and yet with a great desire to Urine, but could not. The next Morning he took several diuretick *Drops*, as *Spir. Nitri dulcis*, &c. in white Wine, *&c.* but to no purpose: I hearing of this by chance, bid his Friend strip him *naked*, and wrapt him round the Waist and Belly, with a wet *Towel*; which as soon as done, he made Water immediately, but was for some time afterward troubl'd with the *Strangury*. And I have heard some of our *Judges* complain, that by holding their *Water* in tedious and long Causes, that they have found much injury by the long retention of their Urine, *&c.*

From this over-modest Custom of holding too long their *Urine*, I have known some fatal consequences; as happen'd to a worthy young Gentlewoman, riding behind a Groom to her Sisters Labour, another Servant riding on another Horse to open the Gates, *&c.* she forgetting to do what was convenient for her before she mounted, rod in extream Pain for, at the least, 8 or 9 Miles, her Modesty not suffering her to alight in the presence of her Servants, but labour'd under that pressure unto her Journeys end. But alas! the

long retention had made ſo great an extenſion of the *Bladder*, being fill'd with too great a quantity of *Urine*, that Nature, without help of Art, could not relieve her, and the Ignorance of the Attendants and People about her made wrong applications of quite contraries, as the uſe of warm Cloaths, *&c.* and fill'd her with Liquors, as Syder, Stale Beer, White-Wine, with Hony diſſolv'd in it, *&c.* which but fill'd the Veſſels, and added to the over-loaded Bladder, too full before, that in two or three Days ſhe began to ſwell in the *Veins* firſt, next in the Habit of the Body, which would *pit upon* preſſure with the Finger, as uſual in an *Anaſarca*; *&c.* at laſt ſhe grew Sleepy, and then was leſs ſenſible of Pain, and dyed about the 14th Day. Now had any Body about her been ſo Wiſe, as to have taken ſome Blood from the Arm, and kept her faſting, put her Feet into cold Water, and waſh'd her Arms, Neck and Breaſt with it alſo, 'tis forty to one, but that the Lady might have had the benefit of *emiſſion* thro' a ſtrong univerſal muſcular contraction, which by the extream frigidity and conſent of Parts, form the ſudden attack of external intenſe Cold, might have given ſuch a general ſhock to the whole, as to have ſaved her Life, eſpecially if ſhe had had the conveniency of a *total* Immerſion. Several have received great benefit by the uſe of Cold Water, both in-

ward and outward, in many Urinous Caſes, but eſpecially in a Suppreſſion cauſed by long retention, *&c.* But oftentimes a great Suppreſſion proceeds from another Cauſe: As when the Blood is too viſcous and clammy, and does not ſeparate its urinous Serum; and ſometimes by default in the renal Secretions, *&c.* In ſuch a Caſe I have ſeen Acids, both Vegetable and Chymical, drank in convenient Vehicles, have, like Renet to Milk, ſeparated the Serum, ſo as Secretion has been preſently made in the Kidneys, and the Man has urin'd immediately. Several Examples of this were printed in the *Philoſophical Tranſact. Anno* 169½ in the beginning of the 19th Volume, *&c.* where Dr. *Cole* and Mr. *Bernard*, in ſuch a Suppreſſion, were concerned with me, in the Caſe of Mr. *Roger Kennion*, then Member of Parliament, who had not made a drop of Water in ſome Days, and no Water in his Bladder, by the proof of the Catheter; but by the uſe of Acids, as Lemmon in Rheniſh Wine and Water, *Spir. Nitri dulcis*, and the like, he was perfectly recovered in a very little Time. What cold Immerſion would do in this ſort of Suppreſſion, I have not try'd, but it ſeems rational, that the Cold driving the Heat inward, the Spirits ſhould quicken the ſluggiſh Secretions, if ſome brisk vinous Spirits were given inwardly, and the Patient well rub'd

with a hard Hand in the Bath at the ſame time.

Mr. *Chriſtopher Stocks*, of *Whitchurch* in *Hampſhire*, had, here in *London*, a total ſuppreſſion of Urine. He had ſeveral Phyſicians with him, as well as my ſelf, we tryed all things tryable, but cold Water and Acids, which he would not conſent to. He began to grow drowſie on the 7th Day, and dyed on the 15th. To my beſt remembrance, Mr. *William Comper* the Surgeon open'd him, and we found no Stone in his Bladder, but one very ſmall as a Vetch, or Pea, but his Ureters were ſtuft as full of ſmall Gravel and Sand as they could hold, as alſo the Kidneys. One thing here is worthy of Note, that he told me, that he never took any ſowre, ſharp Meats, or Liquors in his Life, and that he was a great lover of new Ale. He was a Man of a ſoft ſedentary Life, towards his latter end, and uſed very little Exerciſe.

The learned Dr. *Cyprianus*, the famous Lithotomiſt, (who has receiv'd ſuch benefit by Cold Bathing, that he has made a moſt convenient Bath in his Houſe) told me, that he has long obſerv'd, thoſe that uſe *Exerciſe*, and eat *Fiſh* and *Milk Meats* often, are ſeldom or never troubled with the *Stone*, &c.

And I remember Mr. *Pennet* of *Putney*, a very honeſt Man, and a good Surgeon, being much troubled with the Infirmities of ſhort Brea-

Breathing, and much ſtufft in his Lungs, told me, That he very much fear'd that his Diſtemper was owing to his much driking of *new Ale*. And many have complain'd of Pains in the *Bowels*, from drinking of turbid, thick, *yeaſty*, naſty, new *Ale*; which I look upon to be a very unwholſome, dangerous Liquor: and that yeaſty new Bread, together with *ſtale Fleſh* and *Fiſh*, is the chief cauſe of moſt of the Diſeaſes that the generality of the People labour under here in Town. For a Sir-r--- is a Sir-r---- whether boil'd or bak'd; for the T--- that you han't in your Drink, you have in your *Bread*; and therefore I like well the Adage, *viz.*

Drink what is *clear*,
And eat what is *new*;
Conceal what you *hear*,
And ſpeak what is *true*.

And until this be remedy'd by the Magiſtrate, and it be made Criminal to vend ſuch thick unwholeſome *Liquors*, the People may *drink* on, and *die* on; and a great Shame it is, that ſuch a Church-yard *Article* as this, ſhould ſo long prevail, perhaps unknown, unthought of, or conſider'd, *&c.*

*Anno* 1670. Several Scorbutick and other unknown Diſeaſes, raging among the Poorer ſort of People, from the inſalubrity of bad Bread, and Malt Drinks, which then began

to be in faſhion in the City of *Paris*; It ſo alarm'd the Parliament there, that there was a Conſult of Ten of the moſt learned Phyſicians appointed to enquire into the Cauſe; and they found it to proceed from the uſe of bad, hard, Well-Waters, and the ſcarcity of well bak'd, wholſome Country *Bread*, called there *Pain de Goneſſe*; and that the City Bakers uſed privately the Excrements of Malt-Liquors, call'd *Baulingers au petit Pain*, naſty Barm and Yeaſt, inſtead of Eggs, Milk and Leaven, *&c.*

And I once ſaw a Brewer's *Dog*, a young large Maſtiff, had an *Arthritis vaga*, and his Limbs terribly ſwell'd, with lapping new *Ale*, and licking the Yeaſt from their Trough and Stilling, and afterwards died of the Gout and Dropſie. So curſedly unwholſome are the *faeces* of Malt Liquors, which hitherto has been ſlid over, and not look'd into, and conſider'd.

I have conſider'd the Nature of Waters, that its conſtituent Parts are ſubtile and fine, beyond Conception, what ſtrange Nouriſhment it gives in mixtures, and how very little drank *per ſe*: as for Example. Mix an Ounce of Oatmeal with a Pint of Milk, and give it to a Pig, *&c.* and mix with ſuch a quantity of Milk and Oatmeal, a quart of Water, and it ſhall nouriſh as much more, as has been often tryed on young Animals. Probably the Oat-

Oatmeal, being clammy, glutinous and thick, can't ſo well paſs the Strainers into the Blood, as by the help of the Water, to dilute, and lead it along through all the Labyrinths and Mazes of Digeſtions and Circulations; and how little Oatmeal, with Water, will keep a Man alive, and in Health, is hardly creditable. But I have forgot the Story told, as to the quantity, but I am ſure a Hen would eat more in a Day, whole in the Grain, and unground, than he did almoſt in two Days; and ſuch Nouriſhment, with Exerciſe, is wholſome, clean, cool and good. According to *Hippocrates*, Sect. iv. Aphor. xlviii. where he commends Oats as an admirable Grain, to be us'd both in Meat and Drink; and the Notes upon that Aphoriſm by *Sponius*, are worth reading. I mention Oats, becauſe I have tried all Grains with Cold Water, in Diſeaſes of the Lungs, and find none like Oatmeal, for *Humectat & Refrigerat*. And I know a certain Diſtemper cur'd by ſuch a Dyet, and Cold Bathing, when the Patient was brought to the brink of the Grave, and nothing elſe would do. All which ſufficiently proves that *Water* will nouriſh, tho' not ſo evidently *per ſe*, as in the mix'd; but a very Learned French Phyſician Dr. *Peter Petit*, who among other Learned Tracts writ a Book, *de Nutrimento Aquarum*, ſee his Life in Mr. *Collier*'s *Dictionary*.

I had another Gentleman under my Care, who had first tryed the Cold Baths, which prepar'd him the better for Cold Immersion. His was a Scorbutick *Palsey*, with wandring Pains, much like the *Arthritis vaga*, but without Inflammations, but sometimes Swellings on the back of his Hands, and Feet. Oatmeal and Water brew'd cold, together with a very little Sugar, was, for some time, his constant Drink; and by the use of the Cold Bath, about a Month after he had moderately used the Hot, he was perfectly cured.

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*The Cure of an Ague (by a forc'd Put) on Mr.* Edward Boswell, *late Gunner of Her Majesty's Ship the* Sea-Horse, *and since of the* Griffin *Fireship. In a Letter to me.*

*SIR*

'I Being on board the *Elizabeth*, a Merchant Man, in the Year 93, I had got a terrible Ague, which held me about five Weeks. We lay at Anchor in *Torbay*, and had extream bad Weather, insomuch that I was perpetually Wet, during the Storm, the Ship being very leaky, and I forc'd to be upon Deck, *&c.* It was extream Frosty Weather, and sharp hard gales of Wind, our Ship was forc'd on Shoar on the Rocks, beat-

'beating her ſelf to pieces. I was reſolv'd 'to commit my ſelf to the Seas, and the 'Mercies of Almighty God; and being a 'pretty good Swimmer, I leap'd over-board, 'being weak and feeble, could not reach the 'Shoar; and my ſtrength being gone, I re-'ſign'd my ſelf up for another World; but 'being near the Shoar, a Black leap'd in, 'and caught hold of me, and pluck'd me out. 'I was Speechleſs. The People got me in-'to a Houſe, and laid me in Bed, and the 'next Day I was as well as ever I was in 'my Life. In a few Days I ſet forwards 'towards *London*, having nothing but a 'thin Waiſt-coat, and Calamanco Breeches; 'ſo I travell'd 80 Miles in the Snow, with-'out either Shooes or Stockings. But not-'withſtanding all theſe ſevere hardſhips, I 'never catch'd Cold. There are ſeveral Men 'alive, that were Ship-wreck'd with me, 'that can atteſt this.

*I am*

*Your humble Servant,*

Edward Boſwell.

One Mr. *Holding* told me, of his own Knowledge, that before the Fire of *London*, a Citizen long troubl'd with a quartan Ague, and finding no Cure from taking great quantities of unſucceſsful Phyſick, was adviſ'd, by a Friend, to leap into Cold Water, it being

ing in the Month of *December*: he fully reſolving to try it, accquainted only two or three of his Companions; and having got a Boat ready to take him up, about two or three a Clock in the Morning, it being near the time he expected his Fit, down went he to *Queen-Hith*, and ſat on the Rail ready to bounce in, (it being a clear Moon-ſhiny-Night) and all things prepar'd to receive him. In he leap'd, was taken up and put to Bed, where he Sweat plentifully, but never hear'd more of his old ſhivering Companion. I remember his Dialogue with his Ague, was the talk of the Town.

I have known a great many Agues cur'd by a ſudden plunge into Cold Water; but the Perſon to be ſubmerg'd (for without a duck over Head and Ears, it will not do ſo effectually) ſhould always be told of the deſign, and give their conſent. For I knew a pretty young Woman ſurpriz'd under the Notion of gathering ſome *Liver-wort*, which grew on the Wall by the Ponds brink, which was very deep in that Place, and as ſhe was ſtooping, her own Father (I think) took her by the Heels and pop'd her in. 'Tis true, it cur'd her Ague, but made a worſe ſwop; for ſhe was that Moment ſeiz'd with Epileptick *Fits*, from the Fright, which held her many Years after, much to the trouble of her Friends and Relations. And Epilepſies

gotten

gotten by Frights, are very ſtubborn, and rarely admit of Cure; or if they do, upon the leaſt Fright or appearance of Danger, they are apt to return.

Young Children take leſs harm than People more adult, becauſe not ſo apprehenſible of Danger.

That a ſudden plunge into Cold Water has cur'd many *Agues* of all ſorts, nothing is more known, becauſe very common; but the reaſon why ſome have miſs'd of a Cure, is as clear. For, either firſt they go into the Bath, and do not wet their *Heads*, which is doing nothing; for if the cold and preſſure be not made equally upon the whole Body, the Spirits cannot be driven equally from the Circumference to the Center, ſo have not Strength enough on their return, to force their way thro' the Paſſages lock'd up and obſtructed, ſuppos'd to the chief Cauſe and Seat of *Agues*. Secondly, ſome go in cram'd and fill'd with Meat and Drink, or not empty, and prepar'd by Faſting or Phyſick; or elſe do not chuſe the propereſt Seaſon for the Immerſion; as to go in three or four Hours, either before or after the *Fit*, when alas! the only critical Minute is, as the Enemy is at the Door, juſt upon the approach of the *Fit*, when the Blood and Spirits ſtruggle to enter the Gates, and force the obſtructed and block't-up *Paſſages*, which confine and hinder the genuine and due Circulations and Secretions, *&c.*

I had a Patient, one *John Williams*, that was a ſtrong Country-man, who had ſo long labour'd under a ſevere *Quartan*, that it had very much reduc'd him to a cachectical ill habit, and his Blood was poor, low, and ſizy. He had been in the Cold Bath many times, but without any benefit. I advis'd him to invigorate his Blood with a Glaſs of *Wine*, with ſome Antiſcorbutick *Spirits*, to eat wholſome, freſh *Food*, new kill'd, keep merry Company, and after ſome time to try the Cold Bath upon the acceſſion of the Fit, juſt to ſubmerge, and ſo out, which he punctually did, and receiv'd a perfect *Cure* upon the Eſſay.

And now I have mentioned freſh Food new-kill'd, I'll here relate a ſhort Story I had from that Ingenious Gentleman, Mr. *John Lambert*, Son to the old General *Lambert*, ſo long a Priſoner in *Pendennis* Caſtle, *&c.* This Mr. *Lambert* living at his Eſtate in *Craven* in *Yorkſhire*, one Morning his Man told him he could ſhew him where a Woodcock was hang'd in a Snare, and that by the ruſling and ſtruggling of the Bird he came to diſcover it. He bid him take another Servant with him, and watch privately who came to relieve it, which accordingly thy did, and brought before his Worſhip (he being in the Commiſſion of Peace) a very *old Man*, of a florid, ſanguine Complexion. He ask'd the

old Man where he liv'd? he anſwer'd, five Miles from that Place: He ask'd him, ſince he had broke the Laws, and was taken in the action of deſtroying the *Game*, what he had to ſay for himſelf, that he ſhould not be ſent to *York Goal*? he down on his Knees, and begg'd him to pity his great *Age*; he ask'd him how old he was? he anſwer'd, a *hundred* wanting two. He ask'd him how he came to be ſo *hale*, and look ſo well at that Age? he anſwer'd, why, your Worſhip ſees, by catching a *hollow Bit*, and eating it freſh, and if I can, quoth he, I roaſt it or broil it, before it be cold, *&c.* And upon farther talk with him, he found that his Drink was, for the moſt part, ſowre Milk, as Whey, Butter-Milk, or elſe Oatmeal and Water, but very rarely any ſtrong Drink; and that his Bread was made of *Oats*, and that he went thin *Clad*, and generally was wet in his Feet, either with the *Due*, or laying his Springes in *Rills* of Water, and running *Brooks*. And that in the Summer-time, he lov'd Fiſhing, and much wading in the Water, *&c.* So the Juſtice, upon his promiſe of amendment, let him go, tho', ſaid Mr. *Lambert*, I believe he catch'd 'em as much to ſell, as to eat; for he had in his Bagg, a Hare, and two or three Wood-cocks more, which I fairly divided with my old Man, for I took half of the Fowl he had, and gave him the reſt. He alſo told

me,

me, that he believ'd he ſpoke true, as to his not being us'd to *ſtrong Drink*; for I made my Man give him a Cup of *Ale*, with a little Toaſt in it, which was under a Pint, yet it almoſt fuddled him.

And as touching freſh and ſtale Meats, it is very evident, that Meat new-kill'd has twice the Nouriſhment of ſtale Meats; for Meat hung by, and not ſalted, the volatile Spirits evaporate and fly off, and the Juices grow rancid, and contract a cadaverous ill Taſt. I remember a Poulterer told Capt. *Wicks*, and my ſelf, that he, in the great Froſt in *Anno* 1683. that he ſold Ducks for the Lord Mayors Table in *Feburary*, which were brought to him on the latter end of *November*, or beginning of *December*, the Weather being cold and froſty, which preſerv'd 'em from ſtinking, but not from putrefaction, for they were as rotten and as ſoft as a Sir--r--. And a Gentleman and I once eat a couple of very ſtale Teal, that threw us into great diſorder at our Stomachs, and notwithſtanding we took all precaution, as Wine, Brandy, *&c.* yet we were both render'd Feveriſh, with a corrupt taſt in our Mouths, and much out of order for ſome time. And I am throughly perſuaded, that the ſtale Fleſh, Fowl and Fiſh, that poor People eat (kept by the Retailers of ſuch Wares, to hold up their Prices too long) is the cauſe of moſt of our Autumnal putred Fevers,

Fevers, which People miſtakenly lay upon the eating of Fruits, *&c.* And my Lord *Baton* in his Natural Hiſtory, after his ſpeaking of thoſe wicked Merchants that ſold at *Naples* Man's Fleſh barrell'd up for *Tunis*, *Anno* 1493. that the Pox might be in that Fleſh perhaps; or elſe being eaten might ſo corrupt the Blood as (that with a little mixture of ſome other virulent Diſeaſe) might produce it. And he adds, it was probably ſo, becauſe the *Indians* at this Day, the mortalleſt *Poyſons* that they uſe, have ſome mixture of Man's Fleſh, Blood or Fat; and all Fleſh, when 'tis once tainted and corrupt, is alike venomous and deſtructive to Human Nature: And we ſee that carnivorous Animals, both Beaſts, Fowl and Fiſhes, chooſe to ſeize and eat their Prey alive, (if they can get it.) 'Tis Hunger only and neceſſity inforces them to the eating of *Carrion*, and other corrupt and ſtinking Meats, *&c.* So theſe Precautions may be of uſe, to make Men careful of what they Eat and Drink. And ſo again to our Element, Water, *&c.* A Gentleman of very good Reputation aſſur'd me, That a Tenant of his in *Wales*, having been for ſome Years Rheumatick, and Lame, which made him incapable of any Labour; hearing of a very cold Well ſome few Miles from him, was carry'd to it, where he bathed ſome time,

and came home as perfectly ſound, and as well as ever he was in his Life.

Mr. *Thomas Newingham*, of *Cork* in *Ireland*, a Gentleman of great Worth and Reputation, being at the Bath with his Lady for her Health, this laſt Summer, and talking of hot and cold Water Cures, he did aſſure me, that a poor Man in the City of *Cork*, was ſo Lame, and had ſo far loſt his Limbs. that he crawl'd on his *Hands* and *Knees*, (I think he ſaid for ſome Years). He gave me the particulars in Writing, but I had the misfortune to loſe or miſlay it. That this poor Man was carried to a Well or Spring of exceſſive cold Water, diſtant about ſeven or eight Miles from the City, and in ſome few Weeks came home ſtraight and upright, and perfectly recovered; and is now in that Town, a laborious working Fellow, and capable of doing any buſineſs he is ſet about, or imploy'd in.

A Captain of a Ship told me, that a Friend of his had a running Gout or Rheumatiſm, and was ſo Lame as to go with Crutches, without which help he could not ſtir one ſtep; and coming (or rather being brought) on board his Ship, to drink a Bowl of *Punch*, whilſt they were handing him up the ſide, whether the Rope ſlipt, or the Crutch ſlipt, he could not tell, but down went *Pilgarlick* into the *Sea*, and having

ing Men and Boats ready at hand, they catch'd hold of him ſoon enough to ſave his Life, tho' he was under Water ſeveral times. They clapt Hands or Tackle enough to him, to hoiſt him on Board, and having ſhifted him from his wet Cloaths, and liquor'd him well with Punch, he went home as well as ever he was in his Life. Now *Quæritur*, which did the Cure, the Fright or the cold Water? for he could not ſwim a ſtroak. Now I am apt to think that this Cure was not perform'd from the Fright only, for the Captain told me, that notwithſtanding he was well ſeaſon'd in Sea-brine, yet he was in another Pickle alſo.

Dining with a Merchant in the City, a young Gentlewoman of *Chiſwick* being there alſo, told us at Table, that the Cold Bath, at once going in, had cur'd her of a *ſore Throat*, which ſhe had labour'd under (and found very troubleſome for) at leaſt a Year and half, and that it is ſome time ſince, and that ſhe continues very well.

The Cold Bath has been fam'd for curing old and inveterate *Head-achs*; yet Head-achs proceeding from ſeveral Cauſes, it cannot be good for them all: as in this following ſhort Hiſtory, will be evinc'd and made clear.

A Gentlewoman of good Quality, was afflicted with a periodical Head-ach, and ſhe

was accuſtomed to bleed. Upon the approach of the *Fit*, ſhe in hopes of a perfect Cure, was perſwaded (as alſo from her own Inclinations) to try the Cold Bath, and choſe a time to go in. In the intervals of the Paroxyſms ſhe purg'd once or twice, as preparatory to it, but did not bleed. The immerſion ſhe bore very well, but coming home, ſhe fell into a moſt violent fit of the Head-ach, worſe than ever ſhe had; ſhe ſent for Dr. *Cole*, who very judiciouſly took from her a quantity of Blood, which ſomewhat abated the rage, but ſhe could get no Sleep. He preſcrib'd her a Paregorick which quieted her a little, but ſtill ſhe was much out of order. Sometime after, in a Day or two, he took another quantity of Blood, upon which ſhe was ſomewhat better, but ſtill the Pain kept Poſſeſſion. She at length reſolv'd for the *Hot Baths*, where being arriv'd, Pumping, Bathing and Drinking, reliev'd and cur'd her, and ſhe has continu'd well ever ſince.

Another Gentlewoman's Maid-Servant complain'd of a great Pain in her *Head*, and heavineſs in her *Eyes*; ſhe could not bear no hot Application, but was always worſe; but by *waſhing* her Head ſome few times in cold Water, was perfectly cured. So that People ſhould not, of their own Heads, giddily ruſh into either *Hot* or *Cold* Baths, but be

be advis'd by ſome judicious Phyſician, who may conſider the Nature and Cauſes of the Diſtemper, and put them into a right method of proceeding in order, and rationally to preſcribe ſuch known and experienc'd Medicines, from which they reaſonably may expect a Cure.

In *Gouts* of all ſorts without conſidering what ought to be done previous to a Cure, People run *ſuſque deq*;, Hand over Head, and ſometimes headlong to their own Deſtruction; tho' I have known when both Hot and Cold Baths have wonderfully reliev'd in that cruciating Diſtemper, when tempeſtively, cautiouſly, and wiſely preſcrib'd. But of this, my very learned Friend and Collegue the Judicious and Sagacious Dr. *Muſgrave*, of the City of *Exeter*, in his moſt learned Piece *De Arthritide Symptomatica*, has ſaid of that Diſtemper all that can be ſaid, and handl'd that peeviſh and froward *Diſeaſe*, with a Care in proportion to its Tenderneſs, where all the Cauſes are ſo accurately deſcrib'd and accounted for, as to find out the Seat and Source of that *Baffler* of our Profeſſion, the *Gout*.

I always thought the *Gout*, (before it was *fixt*, and became a concrete) to be a *liquamen* of acrid, alkalous, lixivial, eroding *Salts*, generated from Intemperance and high Feeding, *&c.* which is thrown or forc'd by

repletion into the Habit and fleſhy Parts, and ſliding down the tender membranous Coats of the Muſcles, there fret, and cauſe great Pains as they paſs; but being come to their Journeys end, at a *Joint*, ſtop there, where thoſe corroſive, tartareous Salts exerciſe their *Tyranny*, until the active volatile ſtrugling Matter is ſpent, and leaves their inert *Calx*, their *caput mortuum* behind, which are thoſe *Chalk* Stones which *gouty* People complain of, *&c.* But how *Venery* ſhould be lugg'd in to be a Party concern'd, either in the Cauſe or Quarrel (with my Friend *Baliwi*'s lieve) I can't underſtand; for among the *Turks*, &c. where they are moſtly enervated by Women, they have no ſuch thing as the Gout, *Wine* being by their Law forbidden, *&c.* So lay the load upon the right Horſe, and Saddle old *Bacchus*'s Back, as the chief Author and Contriver of this *Joint-Evil*, and ask *Venus* Pardon for laying a Drunken *Brat* at her Door, which ſhe never deſerv'd for.

And this it is, to be ill nam'd,
When a poor Whore, is (wrongly) blam'd.

A *Gentleman* with a decay'd Stomach, a wan and pale Look, ſtaggering under a load of nothing but Skin and Bone, his Cat-ſtick-leggs not being able to ſupport his Cat-like-*Carkaſs*. From a ſtrong young Man, as he told

told me, Wine, Women and Watching, had reduc'd him to a meer *Skeleton*, and could not ſwallow the leaſt Suſtenance without Vomiting, and yet a little very ſtrong Wine wou'd ſtay on his Stomach, which he often ſipt, and always crav'd and hon'd after. *Facto divortio cum Cerere, eo magis Baccho indulſit*, &c.

He came to me to the Bath, with a Letter from his Phyſician Dr. *Stockham*. I found that he had no *Cough* nor *Hectick* Heat nor Looſneſs, but a general waſte, Atrophy and Decay: He had a great *Tremor*, which he told me was cauſed from Smoaking too much *Tobacco*; and I believe he gueſt right, as to the cauſe of that Infirmity, for it vitiates and deſtroys one of the beſt Juices of the Body, the *Saliva*, without which we could neither Eat, nor Drink, Concoct, nor Talk, *&c.* I ſpeak as to the immodertae Uſe of it; not but that it may be Medicinal, and is taken with good Succeſs in many Caſes, *&c*, but old Men may take it with leſs Injury than young Men, notwithſtanding they are dryer, for they ſpit leſs, and are not ſo eaſily diſorder'd by the *Fume*, &c.

This young Gentleman's Cure was very eaſie, for by the uſe of the *Bath* Waters, and leaving *Wine* by degrees, he came to his Stomach, his Fleſh came on, his Colour

return'd, and in ten Weeks he was as well as ever; but he often told me, that tho' he look'd well, and was well, yet he had not that *Strength* he had before: He was not ſo *agil* and *nimble*, more prone to Sloth and Drowſineſs, beſides a decay in *Virillity*, tho' he was a young Man not above 27 or 28 Years of Age. Hence we may obſerve, what a *Shock* and *Stund* Men give their Conſtitutions by early Wantonneſs and Debauch, according to the Poet,

'Tis *Drink* and *Luſt* that does our Health (deſtroy,
And brings the *Man* too ſoon upon the *Boy*.
Repeated Bumpers, and repeated *Pox*,
Two fatal Earthquakes, that our Fabrick (ſhocks;
For when a Conſtitution's broke and gone,
'Tis rarely ſeen it ever does return.

I found that this young Gentleman had a great deſire to be perfectly well, and recover his former Briskneſs and Strength, that he might be able to hunt and uſe other Field-Pleaſures, to which end he promiſed me to live *ad amuſſim*, to any Method I would direct him, which now muſt be altogether Diæteticks and Analepticks. I order'd him from the uſe of the Bath Waters, to drink a Pint every Morning of the *German* Spaw, and faſt till Noon; at Noon to Eat

no

no Fleſh nor Fiſh, but what was new kill'd, and always to riſe with an Appetite, concluding his Dinner with a ſmall Glaſs of Water, and at Night eat nothing but roaſted or bak'd Apples, Apple-Pie, Flummery, or the like, and to continue the Spaw-Water 16 or 20 Days, never exceeding a Pint, and as he left them, to do it by degrees, as from a Pint, to two thirds of a Pint, thence to half that quantity, ſinking and abating the quantity, not every Day, but every three or four Days a little, and take at leaſt 12 or 14 Days or more, to leave them totally off. For I have ſeen ſome fatal conſequences enſue, upon leaving any Courſe, Cuſtom or Method of Living, whether good or bad, ſuddenly at a Jerk; for Nature is ſo kind out of ſelf-preſervation, as to widen or contract, adapt, fit and modifie the Strainers according to the Figure and Quality of the Aliment received, all which cannot be done in a moment. Hence 'tis, that a ſmall quantity of Food taken, to which we are eſtrang'd and diſus'd, ſits, at firſt, very uneaſie on our Stomachs, and conſequently cannot be agreeable to all the reſt of the Digeſtions, Alterations and Precolations thro' which it muſt paſs, before it can be elaborated into a genuine and laudable Nouriſhment. Hencethe ſource of moſt Diſeaſes: ſo true is that ſaying,

ing, *Ventriculus male affectus eſt origo omnium morborum*, &c. Thus having laid the reaſon of the thing before him, with a full Reſolution he went on, and fell by degrees into the uſe of Milk Meats, and other cooling Viands of chyliferous, ſucculent and good Nouriſhment. He uſed Exerciſe of all ſorts, but eſpecially Riding and Swimming, which laſt did ſo invigorate his Conſtitution, that he came, in a Year or two, to a firmer, ſtronger and better habit of Body than ever he had before; all which argue, that he was Born with a good *Stamen*, and had his Being from ſound Parents: And tho' this Gentleman had the good luck to get ſuch a recovery, after being drawn ſo low by repeated Debaucheries, yet it is not to be depended upon, for not one of forty may have the fortune to eſcape as he did. The Gentleman is yet living, and is become a Pious Good Man, and a Member of this preſent Parliament. It is an eaſie matter, by a conſtant and regular perſeverance, in any wholſome *dietetick* Courſe, to rectifie and ſtraighten a *wrap'd* and *bent* Conſtitution; but how to mend and reduce a *broken* one, is *hic labor, hoc opus*. How many young *Gentlemen* have I known in my time, that their *Squib* has run to the end of the *Rope*, before they have number'd 30 Years, betwixt the *Cradle* and the *Grave*? &c. and generally their Life, Credit

Credit and Eſtate terminate together, which is the beſt end a prudent *Debauchee* can propoſe, to make his Bread and Cheeſe even. But for a Brainleſs, Unthinking Animal to outlive his Subſtance, and become the Jeſt and Contempt (not only of Mankind in general, but even) of thoſe Land *Leviathans* that have ſwallow'd him up alive, his own Whores, Pimps and Bawds, *&c.* This ſo ſticks the tatter'd *Beau* to the *Heart*, if the *Fool* has any, as to get rid of his neceſſity, he flies to the laſt Comfort of a Shirtleſs and Shiftleſs Deſperado, *viz.* a *Bounce* a *Doſe*, or a *Halter*.

From whence he's thrown into a hole,
'Till kind Oblivion forgets th' Fool.

One of theſe unhappy Wretches ſwol'n with the Dropſy *Aſcites*, came to me for my advice. I pitying his Penny-leſs Condition, gave him a Note to Mr. *Baynes* of the Cold Bath, to let him Bathe *gratis*; but having the conveniency of a Barge or Hoy, he went to the Salt-Water, and by often bathing in the Sea, he was recovered: and I am ſince inform'd by one of his Friends, that he did not only Bath in the Sea, but that he drank the Salt-Water alſo; and telling of this Caſe to Mr. *Alexander Engliſh*, Chirurgeon to a Regiment of Horſe, he told me that he had known ſeveral cur'd by drink-

drinking of Salt-Water, even without bathing.

Mrs. *Sadler*, a Gentlewoman lately living in St. *John-Street*, *London*, went into the Cold Bath for wandring Rheumatick Pains, which Pains the bathing did not only take off, but cured her of a Deafneſs alſo, that ſhe had for ſome Years, and ſhe continues very well, it being near two Years ſince ſhe uſed the Bath.

A Gentleman extreamly Fat, was ſo very drouſie, that ſometimes he would fall a-ſleep ſitting at Meat, *&c.* He had long laboured under that inconveniency, but by drinking Spirit of Sulphur in Spring-Water, and uſing the Cold Bath, he was perfectly cured; but he told me, that upon eating a full Meal, it was apt to return.

My learned Friend, Mr. Arch deacon *P.* laboured under the ſame Diſtemper, but by bathing in the Cold Bath, and the Summer after drinking the Bath-Waters, he was very well recovered: but I had lately a Letter from him, wherein he deſir'd my advice, by way of prevention, for he had ſome previous Symptoms which made him fear a return.

A Divine of my acquaintance, very groſs and fat, yet a very temperate, ſober Man, was cured of ſuch a drouſineſs, by ſtamping Barberries, and drinking the Juice in Spring-

Spring-Water: yea, was not only cured of his Veturnity, but it took off much of his ſuperfluous Fat alſo. I believe not only Barberries, but Verjuice, Oranges, Lemons, Sorrel, or any vegetative Acid, where it could be drank in quantity, without bringing upon them the *Ardor ventriculi*, corruptly call'd the Heart-burning, would all, or any of them, do the ſame thing.

A Gentleman, living near *Tiverton* in *Devonſhire*, told me, that he had labour'd under a great Cold for ſome Months, for which he had wrap'd himſelf in Flannel, and other Woollen Veſtments, which had ſo weaken'd him by perpetual Sweating, that he had no Stomach to eat, and when he did eat, it would not digeſt; and beſides his many Cloaths, he wore a quilted Stomacher; but by the advice of a Friend he left them all off at once, and went into cold Water half a ſcore times, and has been ever ſince very well.

Sir *John Chichley* told me, that he thought he had (when a young Man) a Conſumption, for which his Father ſent him to *Montpelier*; when he came there, the Phyſician whom he conſulted, found that he had no Cough, but that his Diſtemper proceeded from a weakneſs induc'd by the aperture of the Pores, from the wearing too many thick and warm Cloaths. He ſent for his Taylor, who

who made him a thin ſleſy Coat of Sarſenet, or ſomething as thin: With this I rode, quoth he, the cold Hills every Morning, before Sun-riſe, when the Dew was on the Ground, for ſome time; and home I came ſhivering, and half ſtarv'd. He would not let me come at a Fire, but walk my ſelf warm. This ſevere courſe at firſt, ſeem'd very irkſome to one uſed to all the delicacies and ſoftneſſes of a tender Mothers breeding; but Cuſtom which makes every thing eaſie and familiar, reconcil'd me to it; and I came home with a keen Appetite, a healthful ſtrong Body, beyond all the expectation of Relations and Friends.

A young Gentleman that is very often at the Hot Baths for his diverſion, and the benefit of drinking the Waters there, uſed to go very thick Clad. I met him this Winter walking in a very cold Day, bare-breaſted, with nothing on, but a thin *Holland* Shirt, and one ſingle drugget Coat. I wondred at it, and ask'd him the reaſon of that ſudden change? he told me that he went into the Cold Bath two or three times with a Friend, out of a Frolick, and that it had ſo hardned him, that he felt very little or no Cold. I could give many Inſtances of Caſes like theſe, but a few Examples may ſuffice.

Mr.

Mr. *Rouſe* Apthecary, the preſent Maſter of his Company, told me of a Patient of his, a Youth that had loſt the uſe of his Limbs by a ſort of a *Chorea ſancti Viti* (call'd Saint *Vitus*'s Jigg) that after the Advice of ſeveral Phyſicians, and ſeveral Methods, *&c.* was at laſt perfectly recovered by the ſole uſe of the Cold Bath. I think he told me it was a Salter's Son in *Thames-ſtreet, London.*

A Woman brought a Child about ſeven years of Age, which could ſpeak but very drawlingly through weakneſs of the recurrent Nerves and Muſcles of the Tongue, but could not ſtand unleſs held up by the Arms, having no ſtrength in either her Hips, Knees or Ankles; this Child was much injur'd by Oyntments, Oyls, and other ſuch Things, that had ſoftn'd and relax'd the Joints; I bid the poor Woman, who liv'd near Mr. *Champneſs* of *Orchadly* in *Somerſetſhire*, to get of his Servants a little Verjuice, and rub the Childs Limbs with it cold twice a day; which ſhe did, and found ſome benefit by it, but not much; then I advis'd the Cold Bath, and by the help of that ſhe was perfectly cured in five or ſix weeks time.

Another Child, much about the ſame Age in a Paralyſis, was cured in St. *Mongo*'s Well by immerging 4 or 5 times in a day

day for 7 or 8 days ſucceſſively; the Father of the Child gave me this Relation.

'Tis endleſs to recite the great Cures which have been done on People of all Ages and Sexes, where the Cauſe has been diſcovered to proceed from Nerval Obſtructions, Relaxations, *&c.* perform'd by Cold Bathing, where 'tis done with Care and Caution: and I have always obſerv'd, that thoſe are cur'd ſooneſt who have not been tamper'd with by Emplaſters, hot Oyls, *&c.* for thoſe things do great Injury to the ſmall and capillary Nerval Filaments, and of the cutaneous Glands, *&c.*

## *To Dr.* Edward Baynard.

*SIR*

'THough it is eaſy to collect many Inſtances that prove the uſefulneſs of Cold Bathing; yet ſince you apprehend the following Caſe of Mrs. *Coningham* to contain in it ſomething uncommon, I have, in compliance with your Requeſt, ſent you as particular an Account thereof, as after ſo long a diſtance of time I am able to recover.

'This Gentlewoman at firſt only complain'd of a ſickneſs in her Stomach after eating; but in a few Months this increaſed to that degree, that as ſoon as ever ſhe had

'had eaten ſhe immediately fainted away, 'was in cold Sweats, and loſt the uſe of 'her Limbs: theſe Symptoms uſually con-'tinued two or three hours, and then gra-'dually abated.

'But after three or four Months, though 'her Sickneſs and Faintings went off, yet 'the uſe of her Limbs did not return as at 'firſt: She conſulted ſeveral Phyſicians in '*Ireland*, who directed her Vomits, Bliſ-'ters, Steel-courſes and Bitters: But ſhe 'received no Benefit by any of theſe. Up-'on which ſhe was brought to *Bath*, and 'drank thoſe Waters ſix Months, and Ba-'thed every third day; but was no better 'by either. She was brought from *Bath* 'to *London*, and here conſulted Dr. *Cole* 'and me. We perſuaded her to try the 'Cold Bath. After ſhe had continued the 'uſe of this for two Months, her Sickneſs 'was leſs, and the uſe of her Limbs in a 'great meaſure reſtor'd; upon which we 'ſent her to *Tunbridge*; ſhe continued the 'uſe of thoſe Waters and Cold Bathing for 'ſix Months, and afterwards returned ſo 'ſo well that ſhe could walk about the 'Streets with help of her Staff.

*I am, Sir,*

*Your humble Servant,*

*March 8th,* 1705. F. Upton.

About three Years ſince, a Man aged about 50, a free liver, and by Trade a Wigg-maker, a merry Man, and would jeſt upon his own Infirmities (which was a *Paralyſis* with a *Tremor*) for being ask'd what made his Hands and Arms hang ſo lank? he anſwer'd with Simile's out of his own Trade, I had (quoth he) once a ſtrong and curl'd Conſtitution, till Claret comb'd it out of its Buckle: And being ask'd why he did not live regularly, and take Advice? he anſwer'd, I now grow old, and ti'n't worth while, and will e'en let my Body wear out its own ſelf its own way: An old Wigg, new bak'd, turns but red, and wears the worſe for't, *&c.* And yet this Fellow by only drinking the Waters hot from the Pump in a Morning, and taking a ſmall Glaſs of Elecampain Wine a little before Dinner, recover'd his Stomach ſtrangely in a little time, and began to find Strength in his Limbs; and had he been rul'd to have uſed the temperate warm Baths firſt, and the cold Bath afterwards, I doubted not but to have recovered him. He went from the *Bath* into his own Country, *Lincolnſhire*, and I heard ſince, that with drinking of Ale, *&c.* he fell into a *Dropſie*, but whether he is dead or not, I can't ſay. I have often obſerv'd, that Wine-drinkers falling to drinking Malt Liquors, fre-

frequently ſlide into Dropſies; and Ale-drinkers removing to Wine, ſoon fall into Jaundice, Stone and Gout, and ſo quickly go off: And the Livers of ſuch People (when open'd) are generally found to be hard, ſodden, diſcolour'd, and the Stones for the moſt part in the *veſicula fellis*, and ſometimes in the *parenchymous* Subſtance of the Liver it ſelf, eſpecially if they are ſippers of Brandy and ſpirituous diſtill'd Liquors.

Sometimes we have obſerv'd, that the Liver is perfectly rotten, and will break with touching In others, 'tis quite burnt up, and friable. In others, their Liver's pretty well in its natural State; but in ſuch, I have obſerv'd, that their Heart is ſoft and white, and not much bigger than a *Turky* Egg; and where that is ſeen, uſually the *Pericardium* is alſo ſhrunk and little, with very little or no Water in it, and ſometime again extreamly large and full of Water, of an ill Taſt and Colour. I very well remember that when I was at *Leyden*, the learned Dr. *Grew*, and Dr. *Johnſton* of *Warwick*, were there alſo, and that both Dr. *Franciſcus de la Boe Sylvius*, and that moſt accurate Anatomiſt Dr. *Drelincurtius*, by a conſtant, and frequent Practice in Diſſections (for beſides other private Bodies they open'd moſt that dy'd in the Hoſpitals;)

I ſay, that theſe Men, from many Obſervations in morbid Bodies, could (before the Knife was laid upon the defunct) tell what a foul Neſt of Boxes they ſhould find within: And I have heard *Sylvius* frequently ſay upon viewing the Corps, and only looking into the Mouth,

*Vino & fumo nimis deditus, vita defunctus.*

By *Fumus*, he meant Tabaco, to which he was a mortal Enemy; and I heard him ſay, that conſidering the Slobber and Naſtineſs that great Smoakers make in a Room, (he was of Opinion) that had Tabaco been taken in the primitive Times of Chriſtianity, it wou'd have been reckon'd among the Sins of Uncleanneſs, *&c.*

This curſed Cuſtom of Tabaco-taking is but a foreign Invention at the beſt, a borrow'd Excellency, intimated from a ſtupid *Indian*, who, ignorant of the uſe of Mercury, us'd it as a Salivation for the *Yaws*, a ſort of Leproſie or Pox among 'em. And now another naſty ſnuffling Invention is lately ſet on Foot, which is Snuff-taking, which hangs on their Noſtrils, *&c.* as if it were the Excrements of Maggots tumbl'd from the Head thro' the Noſe; nay, this Folly is ſo taking among us, ſo ſpreading a Contagion, that even Women and Children now begin to have their Snuff-Boxes

too, and to ſpeak without ſnuffling is hardly genteel.

I have read ſomewhere, I think 'tis in Sir *John Chardin*'s Travels, that there is a Kingdom in the *Eaſt-Indies* call'd *Botan*, where the Subjects hold their Prince in ſuch eſteem and reverence, that they dry and powder his Excrements, and uſe it as a great Rarity to ſtrew on Meats, or garniſh Diſhes with, as we do ours with grated Bread or Nutmeg, *&c.* And I vow Gentlemen, pray pardon me, I never ſee a Snuff-box in a Man's Hand, but I think of a *Botanian.* The Noſe is of great uſe to the Animal to diſcharge many Excrements both from the Eyes and Head, *&c.* and when that Organ is ſtopt, and the ſenſible nervous thin Lining of it is by the over-uſe of pungent Powders made dull and render'd incapable of irritation, it cannot do its Office by diſcharging thoſe phlegmy cold Excrements neceſſary to be extruded for the Safety, Health and Well-being of the Creature. So true is that Saying of *Solomon*, *God has made Man upright, but he has found out many Inventions*, &c.

One Captain *Cliff* that us'd the *Guinea* Trade, but ſince gone to *India*, I am inform'd by a Friend of his, Mr. *Brown* a Wine-cooper, that he was poyſon'd there, and loſt the uſe of his Limbs, ſo that he could

not feed himſelf, yet by the uſe of the hot Baths, and drinking the Waters there for ſome time, was perfectly recovered to his Health.

One Mr. *Lane.* troubled with a Tremor and Geſticulations much like a Chorea, after the uſe of the hot Bath was by the Cold Bath perfectly recovered.

*Note*, That Dr. *Gould*'s Son-in-Law, mention'd in the laſt Impreſſion of this Book, before he uſed the Cold Bath was ſeveral times in the Hot Baths, which prepar'd him for a Cure; ſo that in many places the uſe of contrary Qualities has perform'd very conſiderable Cures, *&c.* which (perhaps) no one Bath ſingly could have done.

*Thomas Moſs* a Quaker, who came from *Jamaica*, was ſo infirm by a Rheumatiſm, *Arthritis vaga*, &c. that he was wrapt like an old Man in Flannels, *&c.* but being perſwaded to the uſe of the Cold Bath, threw off all his Sweltering Harneſs, and in three or four times Bathing was cur'd.

One Mr. *Hadly*, of an ill habit from an irregular Life came to the *Bath* about four Years ſince; he complain'd in the right *Hypochondria* and Region of the Liver, and had a great induration there; yet this Man by Drinking, Purging and Bathing, got a perfect Cure: But before he came to the *Bath* he had been in ill Hands, and wrong manag'd with Chalibeats too ſoon adminiſter'd.

I

I knew a Phyſician that had a ſevere Jaundice, with a *ſcirrhus Hepatis*, who was cur'd by the Bath Waters, and by much eating Sallet-wiſe, the Herb *Taraxicon* only.

This laſt Summer, Madam *Thiſlethwayte*, a Daughter of Mr. *Thiſlethwayte*, of *Winterſloe*, near *Sarum*, *Wilts*, received a great Cure by the Bath Waters join'd with ſome other Aperitives, in as high a Jaundice as ever was ſeen, which had long ſeiz'd her, and ſhe a very lean, emaciated, worn-out, weak Woman. And in this Caſe, and alſo moſt Diſeaſes of the Liver, I think the Bath Waters the beſt Specifick in the World, if taken ſeaſonably, with due Preparatives, and Advice, *&c.*

In all Sprains and Wrenches of the Joints and Tendons, the preſent application of cold Water, or Verjuice and Water, or Verjuice alone, is the beſt Remedy yet known. A Gentleman of Quality having ſtrain'd his Ankle by a falſe ſtep down Stairs, went lame and ſlip-ſhoo'd for at leaſt a Year and half; he came to the *Bath* and us'd the dry Pump much, and often, but *Re infecta.* He was afterwards cured by keeping his Bed a Month, and the application of cold Verjuice three or four times in a Day, and afterwards a ſtrengthning Plaiſter, *&c.* And Sprains ill manag'd, have been the loſs of many a Man's Legg, and

Life too: I have heard many of the Hoſpital Chirurgeons ſay, that they have cut off many a Legg from no other Cauſe but from a Sprain in the beginning, tued, hal'd and wreſted by ignorant Bone-ſetters, pretending it was diſlocated and out of Joint, *&c.*

High Heels uſually are the cauſe of moſt Strains, either in the Ankle, or Knee, *&c.* for no Man treads ſtraight and perpendicular with a Heel, nor can he walk far without wearineſs, eſpecially in the *Knees* and *Maſcles* of the Thighs, from the ill figure the Limb is in upon every Step; ſo that no Man with a high *Heel* can tread ſtrong and boldly, eſpecially with the leaſt weight and burthen on him. Should a Chair-man that uſes Pumps, but one Day wear a *Heel* but an *Inch* high, and work ſo, it would Lame and Cripple him for a Month. For in Man, upon his progreſſion, the Heel comes firſt to *Ground*, but in *Horſes* and moſt Quadrupeds, the *Toe*; and if the Heel be high he cannot ſtep with the whole Limb ſtraight: For the Knee bending forwards, verges towards making an *Angle*, as may be ſeen by making a ſtraight Line from the *Heel* and *Hip*, &c. and in ſuch an unnatural Poſture, no Man can walk far and long, without Pain and Wearineſs; but we muſt be wiſer (forſooth) than our *Maker*: For infinite

Wiſdom

Wiſdom that has made all things by a right and unerring Rule, by Weight, Meaſure and Number, ſurely would have ſet a high Heel to Man at firſt, when he made him, if he had thought it to have been neceſſary, *&c.*

And one thing more I add, as a moſt neceſſary Remark, *viz.* That no Man ever ſprain'd his Ankle, and rarely his Knee, that never wore a Heel higher than the natural Plan of the Foot; neither have they Corns under the Foot, nor on the Toes, without the Shoe be too ſtrait: I could wiſh our *Soldiers* and others, who travail much on Foot would but conſider, the great Benefit that they would receive in a long March by wearing Shoes of a low and equal *Plan*, and ſuch Soles as would bend and yield to the Foot, ſuch as the *Iriſh* and *Scotch* Highlanders wear, without any *Heel* at all; and eſpecially, if they are us'd to ſuch Shoes from their Infancy: For the *Tendon* then would not be contracted, as they are in ſuch as wear *Heels*, who cannot, thro' the ſtiffneſs and contraction of the *Tendons*, walk far without *Heels*, but are cramp't in their *Hocks* and *Hams*, akings and pains in their *Knees*, &c. Nay, and altho' they are accuſtom'd to high Heels, they cannot walk far or faſt, but are ſoon *weary* and *tir'd*, whilſt the other treads flat and firm, and are not ſunk

or

or ſpent, even in long Journies, nor ſtiff or diſorder'd the next Day, *&c.* Men for want of a little Knowledge in the true Structure of a *Limb*, and of the Mathematical conſideration of the make of the Thigh, Leg and Foot, eſteem this a light Thing, and laugh at it as a Jeſt perhaps, but the tryal of a hard Days Journy, will ſoon demonſtrate who is in the right, *&c.* And it has been very often obſerv'd that after a long Foot-journey, to waſh the Feet, Legs, Knees and Thighs, *&c.* with cold Water, has wonderfully abated and taken off Wearineſs, and diſpos'd 'em the better to Reſt and Sleep, *&c.*

## Naturam Diſce ſequi.

*Un-erring* Nature *learn to follow cloſe,*
*For* quantum ſufficit *is her juſt Doſe;*
Sufficient *clogs no Wheels, and tires no Horſe,*
*Tet briskly drives the Blood around the Courſe;*
*And hourly adds unto its waſts, ſupplies*
*In due proportion to what's ſpent and dies.*
*Whilſt* ſurfeting *corrupts the Purple Gore,*
*And bankrupts* Nature *of her long-liv'd ſtore:*
*And thus the* Soul *is from the* Body *tore*
*Before its time.*——
*Which, by a* temperate *Life, in a clean Cell,*
*Might full a hundred Tears with Comfort dwell,*
*And drop, when* ripe, *as* Nuts *do ſlip the* Shell.

A Gentleman contracting a complication of *Vino-venereal* Diſeaſes, which he pleaſantly call'd *Twiſts*, as alſo finding a ſenſible weakneſs and waſte in his *Eſtate*, reſolv'd to turn over a new Leaf and become a Wiſe Man: in order whereunto he put his Eſtate into the Hands of a prudent Manager, and himſelf into a Courſe of *Phyſick*, rather *Dietetic* than otherwiſe. He firſt began with the Purging Waters, with ſome ſmall Shop-Catharticks to quicken them (for he could drink no great quantities of any thing but Wine, *&c.*) After due evacuations, he took the Wood-drinks, with ſome Anti-ſcorbutick *Drops*, *&c.* from thence he went to the *Hot Baths*, bath'd there in the temperate Baths, and drank the Waters moderately for the ſpace of 8 or 10 Weeks; us'd *Exerciſe* much, eſpecially Riding and Bowling: he drank Wine very ſparingly, and exil'd himſelf from Women quite, (having no Wife); from thence he came to the *Cold Baths*, to harden and confirm his *Conſtitution*, perſever'd in this good Reſolution, and recover'd both his *Health* and *Eſtate*, then not being above forty Years of Age. But before he went into his own Country, he writ a *Diſtich* or two over that *Tavern* Door where he uſed to entertain his *Miſtreſſes*. I hear that he is ſince married, and has two or

three

three healthful and luſty Children. His Verſes were, *viz.*

*Before a Tavern ever ſhall confound me,*
*Or painted* Harlot *in her Arms impound me,*
*A* Fever *burn me, or a* Dropſie *dround me.*
*That curſed Trade I followed too long,*
*But now I'll ſtop before my* ALL *is gone;*
*By this Reſolve ſhall Health and Mony ſave,*
*And cur'd no patch'd up* Poxes *to the Grave.*

A Gentleman in a Dyſpnœa, and great difficulty of Breathing, went into the Cold Bath ſeveral times, but with no great ſucceſs; he went to the Hot Baths, and there drank the Waters, and by the uſe of thoſe Waters grew worſe. I ſoon found the Cauſe, for he would drink two or three Quarts or more in a Morning, beſides what he drank at Meals, and all the Day after. I reduc'd him to the drinking of a Pint only with ſome drops of the ſweet Spirit of Niter, and he ſoon recover'd; for before he had over-loaded his Blood with Water, which made his reſpiration difficult, and his Lungs lifted heavy, and I much wondred that he did not fall into a Dropſie, or had a diſcharge by a *Metaſtaſis* into his *Head*; which misfortune ſome have have fallen into, through drinking too long and too large quantities, eſpecially if they bathe with too much Water in their Bodies, for

all

all Heat and Sweat diminiſhes Urine, and hinders the due Secretions by which the Blood ſhould be diſcharg'd and deliver'd of its load, *&c.*

One Mr. *Andrewſon* a North Country Gentleman, told me he was cured about ten Years ſince, of a great difficulty of Breathing, by the uſing of the Cold Bath at *Holy Well*, and drinking good ſtore of Liquoriſh *Poſſet*-drink with Fennel-water. *Quæritur*, which did the Cure, the Saint or the Medicine? I believe St. Liquoriſh and St. Fennel-ſeed did him more ſervice there, than St. *Winifrid* and all her Crown-ſhaven Chaplains, *&c.*

And now I am gotten into a Northern Story, I muſt tell one ſad one more of a very worthy honeſt Gentleman of *Lancaſhire*, ſome Years ſince, whoſe loſs was very much lamented; he being then in *London*, fell into a *Diarrhœa*, which was long, and very ſharp upon him; Mr. *Pierce* in *Drury-lane* was his Apothecary, and I was his Phyſician. I uſed all the *Uſualia*, but with little Succeſs; at length I gave him the *Gas Sulphuris*, with ſome few Drops of, *&c.* with it, (not *Laudanum* I faithfully declare) which ſtop'd the Flux and comforted his Bowels, and the Excrements began to be hard and figur'd; and without a fi-

gur'd

gur'd Excrement no Man is right in Health, tho' Ale-drinkers are generally looſe and ſoluble, but that proceeds from the newneſs and ſmoothneſs of thoſe oily Liquors which they take in too great a quantity, *&c.* But to my Story. The Setters (and perhaps the Sharers) of Dr. *Cuſtard*'s-Skull Profits perſuaded him (much againſt his Mind) to ſend for this *Pulp-pated* Pill-monger; in came *Cream* and *Eggs* with his uſual Changling's grin (for then the *Ratsbane* was not ſo hard of acceſſion as he is now:) He firſt purg'd him, then at him with his (*Pan-pharmacon*) Aſſes Milk, which ſmoothed his Bowels, and made the Acids loſe their hold; down came his *Diarrhæa* again, then he was at his Wits end (and that no far Journey.) Lord! Mr. *Peirce*, quoth he, what ſhall we do? what was it Dr. *Baynard* gave him? The *Gas Sulphuris*, reply'd he. *Gas*, quoth the Doctor, what the Devil is that? What is it, a Solid, or a Liquid? a Liquid, quoth Mr. *Pierce*; I pray give him ſome of that *Gas* then. I have none, quoth he, the Doctor brought it himſelf; ſend for ſome of it, quoth he, by a ſham Name, *&c.* Ay, quoth he, but the Doctor told me that he had no more of it (by him) made. What ſhall we do then, quoth he? I know not, quoth t'other. In ſhort being thus ill treated, he applying to the Fever, (which

was

was only Symptomatical) by Bleeding, Cupping, *&c.* not knowing the Cauſe (at leaſt-wiſe, not what to check or take it off with) ſo that in a few Days the poor Gentleman ſquirted out his Soul, and then this Phyſick *Ananias* look'd like a Dog that had loſt his Stones; for an impudent Fellow out of Countenance makes a rueful Figure.

The misfortune of this Gentleman, who was well belov'd, was the talk of the Town; and I have been oftentimes ſince much vex'd that I did not Print the Caſe, with all his ſorry Preſcriptions: But, as our *Preſident* ſaid to Mr. *Pierce* when he heard that he had given him Aſſes Milk, *Alas! poor Man*, quoth he, *he can give no other* Milk *but* Aſſes Milk.

I could ſay much more on this Caſe to the Shame (if he can be aſham'd) of this ſorry Medicaſter, but that it is but pouring Water on a drown'd Mouſe, for he is pelted by every Paltry Proſer, and is the very piſſing Poſt of the Poets; for not a Cur in the Country, nor a Dog of a Dogriliſt in Town, but holds up his Leg and has one Squirt at him as he paſſes by.

This Story an Apothecary, now alive, had from Mr. *Pierce*'s own Mouth, for he was his Maſter with whom he ſerv'd his Time.

One

One thing more I muſt add, that Mr. *Holmes*, late Apothecary to the *Charter-houſe*, told me that he having from his long Practice and Obſervation from Phyſicians Bills, collected and form'd a very Ingenuous ſort of a Diſpenſatory, by collecting ſome curious and choice Forms of compounding Medicines, which he deſign'd to have Publiſh'd by way of Appendix to Dr. *Bates*'s Diſpenſatory; in order whereunto, he deſir'd the conſent of the Fellows of the College for the Members to peruſe and approve it, the Preſident firſt beginning by ſetting his Hand to it, *&c.* which moſt of the Fellows did in order, according to their Seniority; at laſt he came to *Rats-bane*'s Houſe, who was but a young Skull-ſlinger then, a Cub-Cockatrice, and juſt crept out of his Toad-hole in *Mutton-Hall*. He receiv'd him with a cock't Haughtineſs, in proportion to his baſe and elemoſinary Breeding; the other ſubmiſſively accoſted his Worſhip with low Bows, *multiſq; cringibus*, &c. and ſhew'd him his Errand he came about. The firſt thing he lit upon was an *Aperitive Syrup*, wherein was the Herb *Botrys*. *Botrys*, quoth *Fool-enough*, what's that? Why, quoth Mr. *Holmes*, 'tis Oak of *Jeruſalem*. *Jeruſalem*, quoth he, why can't *Engliſh* Oak ſerve the turn? By no means, reply'd *Holmes*, 'tis of a quite contrary Virtue and Ope-

Operation. *Engliſh* Oak is a Stiptick and Reſtringent. Stiff-ſtick and Reſting-joint, what's that, Sir? Quoth he, I will prove out of the Accidence of *Lilly*'s-*grammar*, that *Engliſh* Oak is a better Pectoral than your *Jeruſalem* Butter-box, as you call it. How ſo, quoth *Holmes?* How ſo, quoth the Doctor, what think you of *Pectora percuſſit, Pectus quoq; Robora ſiunt?* And the Devil's in't if Oak upon Oak, as you ſee in the Verſe, ben't a Pectoral, when the whole Breaſt was turn'd into Wainſcot. Sir, had you this out of the Accidence, quoth *Holmes?* Yes I had, ſaid *Arſenick.* Why then, ſaid *Holmes*, farewel Accidence, but *ecce* Dunce. This Story Mr. *Holmes* has told to a hundred People about Town. *Qui capit ille facit.*

The greateſt Cures that I ever have done in my Life-time, (and I thank God I have had as good luck as my Neighbours) I have done by Simples.

I know a certain Plant in the World infus'd long, whole and unbroken, in warm Bath-Water, and that Water pour'd on more of the ſame Plant until the Water is thoroughly impregnated with the eſſential Volatiles of the Plant, that in a certain Caſe, 'tis an *Ens Specificum*, and therefore it is admirably wiſely and knowingly ſaid of *Helmont.*

——*Exiſtimo Deum perfecte & ſufficienter in ſimplicibus compoſuiſſe completa morborum quorumcunq; remedia.* And a little farther he goes on, *Felix ille qui ſimplicibus tuto atq; prompte novit tollere & concalcare morbos.*——*Itaq; credo ſimplicia in ſua ſimplicitate eſſe ſufficienta pro ſanatione omnium morborum,*——*Et per conſequens Diſpenſatoria violentia componere & nectere plurima totum perdunt.* What wonderful Cures do we hear done by the *Indians* purely by Simples? And here I muſt relate the greateſt Cure done (almoſt *ex tempore*) by an *Indian*, on Mr. *Thomas Clayton*, then a Lawyer in *Virginia*, related by his Brother Mr. *John Clayton*, now a Miniſter of a Pariſh in *Dublin*, and a Gentleman very knowing in Phyſick himſelf, which he has often told ſome of our *Greſhamites*, which in ſhort was this. His Brother being ſeiz'd with the Country Diſeaſe, *viz.* dry Gripes with a *Paralyſis* that had taken away the uſe of all his Limbs, an *Indian* for ſo much Brandy, *&c.* would undertake to cure him. He order'd ſome Wine or Water or ſome ſuch Liquor to be warm'd, into which he ſcrap'd about a Scruple or half a Dram of a certain Root which he pull'd out of his Pocket, but whetted the Knife he ſcrap'd it with, becauſe they ſhould not diſcover by the ſmell what the Plant was, *&c.* Upon his taking

taking this Doſe, he fell into a violent Sweat, and repeating the Doſe the next Morning, he recover'd as if made whole by a Charm or Miracle. When the *Indian* Doctor was gone, the Maid-Servant found a little bit of this *Root* drop'd under the Table, which ſhe preſently gave to Mr. *John Clayton*: To work went he a Root-taſting all round the Country for ſome ſcore of Miles, but with all his Pains and Diligence could not diſcover the leaſt Foot-ſteps of this wonder-working Plant. So after many Eſſays and tireſome Journeys, home he came and reſted himſelf contented. Sometime after this a Sow with Piggs was ſtung with a Rattle-Snake, the Sow immediately made to the River on a full gallop, grunting and making a hedious Noiſe, (as the Hogs did with the Devil in 'em) he being in the Houſe and hearing the out-cry, ran to ſee what the matter was, and follwing the Sow to the Water-ſide, he eſpy'd, under a large *Saſſafras Tree*, a Plant about a yard high, with a Leaf not much unlike our *Angelica*; he cropp'd a Leaf or two and rub'd them, and he fancied that it had a ſmell ſomewhat like the Root we are diſcourſing on: He immediately upon taſting the Root, found it was the very ſame that cur'd his Brother, *&c.*

He gave me a piece of it: it was a very ſtrong *Aromatick*, and ſcented every thing that it touch'd. Mr. *Clayton* fancy'd it to be by the Deſcription the *Libanotis vera Diaſcoridis*, but I think it came the neareſt in both Taſt and Smell to the Spaniſh *Meum*, but far pleaſanter and much more *Aromatic*. He alſo the next Year ſent for ſome of the Seed (he having before he came for *England* diſcover'd more of the Plants) but it got wet with Salt-water in the Paſſage. He gave ſome of it to the Ingenious Mr. *Watts* then Director of the Phyſick Garden at *Chelſea*, but it came to nothing; either our Climate was too cold, or the Salt had deſtroy'd its fœcundity, *&c.* I inſtance this Relation, that we may ſee what hidden Power was given by (the *Fiat* of) the great Creator to all the Works of his Hands.

I could add here, ſeveral remakable Inſtances of moſt wonderful Cures done in *Palſies*, where the *recurrent Nerves* and Muſcles of the *Tongue* has been ſeiz'd, even to an *Aphonia*, and total loſs of Speech, and ſome of an old date and long Continuance, which has been inſtantaneouſly recover'd by Cold Immerſion; one whereof I had the Relation from his own Mouth, the matter of Fact was as followeth. This Gentleman Mr. *John Perion* of the Town of *Taunton-Dean* in the County of *Sommerſet*,

*ſet* was ſeiz'd, as I underſtood by him, with an *Arthritis vagæ* upon a Rheumatiſm, which as to dolorous and pungeant Pains, are much the ſame. He was adviſed by his Phyſicians to try the Cold Bath; he was ſo weak and tender, as not to be touch'd without great Pain; ſo that they lifted him into it in a Sheet or Blanket; he ſate up to his Neck, and had the Cold Water pour'd upon his Head for about the ſpace of half an Hour; his *Speech* that was loſt and gone, ſo as not to be underſtood what he ſaid, ſo perfectly return'd (I think he told me) from that very firſt Immerſion, that he cry'd to the *Adſtantes*, hold, I am well, and continued ſo; tho' for Confirmation-ſake, he us'd the Cold Bath ſome few times more. I brought this Gentleman to give the Relation of his own Caſe to a Patient of mine here at the Bath, this Summer, *Anno* 1708. a Gentleman of good Worth and Note, who from an Apoplectic Stroke totally loſt his Speech, together with the uſe of his right Side; he ſeem'd to be affected and pleas'd with the Relation, and I believe deſigns to try it; and what Alterations it will produce upon him, the World ſhall know in the next Edition of this Diſcourſe. And if (upon Tryal) the ſucceſs anſwers our Hope, the Remarks upon ſo great and eminent a Cauſe,

may be of great uſe to Mankind, as well to Poſterity, as the preſent Age. and here I do boldly aſſert, to the bluſhleſs *Faces* of all its oppoſers, that ſuch prodigious and unheard Cures, has been done *ſub diú*, and in the face of the Sun (by Cold Immerſion) without Trick, Fraud, or Cozenage; inſomuch that could any *Phyſitian* perform but the tithe of ſuch Cures, as we daily ſee done by Cold Water, he would be follow'd and eſteem'd more like a *God* than a *Man*. But alas! Envy, Pride, and Malice, thoſe Characteriſticks of the *Devil*, ever was and ever will be in the Sons of Diſcord, and Contradiction. But for Men of Repute and Learning, to oppreſs ſo known, evident, plain, and beneficial a Good, that performs the three parts of Phyſick, the Phyſician, Surgeon, Apothecary, all in one, muſt certainly be a Divine *Gift*, and Bleſſing from *Heaven*, where little or no Human Skill is requir'd to the Cure. But for a Man not to be *Subjectum Capax*, as to believe his own Eyes, to what he ſees done, is aſtoniſhing, and as hard for me to believe, that he can't believe; ſurely ſuch Men muſt be Fools in perfection, like a Duke's Coronet, the Flowers of his Ignorance bloom out; ſo that Learning in ſome Men ſerves only to worſen 'em, and make 'em more Fools than they were before;

like

like a blow on the *Pate*, that cracks the Skull on 'tother ſide, and gives a Counter fiſſure to the *knock 'oth the Cradle*; ſo make's 'em Blockheads, *utrumq; ferens*. But leſt I ſhould too much *Con-fool* with 'em, I have done.

Having finiſhed my Obſervations of Hot and Cold Bathing, *&c.* I'll proceed now to give you (Sir *John*) ſome few Remarks on *Longævity*, and conclude.

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## *A ſhort Diſcourſe on* Longævity, *in ſeveral Inſtances of Perſons living to an extream old Age, as much from a cool and temperate Diet and regular courſe of Life, as from the true* Baſis *and* Ground *of* Old Age, *that happy Parental Bleſſing, of*

Bona ſtamina vitæ.

THAT the *Devil* for once ſpake true when he ſaid, *Skin for Skin, and all that a Man has for his Life*, &c. Long Life is ſo deſirable, and ſo valu'd and eſteem'd among Men, that 'tis every Man's Hope and wiſh to obtain it. And yet we ſee notwithſtanding this great like and love Men ſhew and expreſs for it, how remiſs and careleſs the greateſt part of Mankind are in

the means to ſecure it. This ſupine and ſtupid neglect ariſes from our too much truſt in a good *Conſtitution*; when alas! they think not that the leaſt Debauch (tho' it does not blow up, yet) like an Earthquake it ſhakes the very foundation of the Human *Fabrick*, and repeated Acts ſoon ruin the *Superſtructure*; and becauſe they ſee ſome few old Drunkards of fourſcore ſafe waded through an *Aceldama* of their Neighbours *Skuls* that has fallen in the Battle, young Men preſently take *non Cauſa pro Cauſa*, and imitate them in *Drinking*; not conſidering that this their *Precedent*, had he trim'd his *Lamp* and wiſely manag'd the *Flame*, he might have liv'd to have been an *Old Parr* or a *Jenkins*, &c. But alas! where one Claret-*Profeſſor* lives to 80, ten thouſand of their *Tyro*'s ſink under it. I muſt confeſs that Company is very pleaſant and charming, eſpecially if it be all of a-piece, witty and ingenious; but we ſhould conſider how dearly wee purchaſe a little frothy and fleeting Diſcourſe, and ſwop our precious Time and Health for nothing but *Piſs* and *Prate*, for in the Sink or Chamber-pot all Tavern-Delights terminate; and tho' a Man may wreſtle through a great many years under a cuſtom and habit of Drinking, yet the *Bottle* will at laſt prevail and fairly lay him on his Back. The

ſerious

ſerious Conſideration of this many years ſince, even in my Youth, dictated this Caution to my *ſelf*, *viz.*

*Truſt not to* Conſtitution, *'twill decay,*
*And twiſted* Strength *its Fibres wears away;*
*As cloſe-wove* Garments *of a ſtrong-ſpun Thread*
*The* Wooff *frets out and tears away the* Web:
*So* Soul *and* Body *tho' ne'er ſo well conjoin'd,*
*The longer that they wear the more they grind,*
*Then the crackt* Organ *muſt impair the Mind.*
*All finite Things tend to their own undoing,*
*But Man alone's induſtrious to his Ruin;*
*For what with* Ryot, Delicates *and* Wine,
*Turns* Pioneer *himſelf to undermine.*
*Beſides the hidden* Snares *laid in our way,*
*The ſudden* Deaths *we hear of every day,*
*The ſmootheſt Paths have unſeen* Ambuſcades,
*And* Inſecurity Security *invades;*
*For no Man knows what's the next hours* event,
*Man* lives *as he does* die *by Accident.*
*How ſoft is* Fleſh, *how brittle is a* Bone!
*Time eats up* Steel *and Monuments of* Stone,
*And from his* Teeth *art thou exempt alone?*
*What Warrant haſt thou that thy Body's* proof
*Againſt the Anguiſh of an aching Tooth?*
*How ſoon's a* Fever *rous'd by acute Pains?*
*The ſmalleſt* Ails *have all their Partizans;*
*And in inteſtine Wars they may divide,*
*And* Life's *Deſerters liſt on the wrong ſide.*

*Diſ-*

*Diſeaſes, like true Blood-hounds, ſeize their Dam,*
*And prey upon the* Carkaſs *whence they ſprang.*
*Be always on thy guard, watchful and wiſe,*
*Leſt* Death *ſhould take the napping by* ſurprize.

## *A Letter giving an Account of one* Henry Jenkins *a* Yorkſhire *Man, who attained the Age of* 169 *Years, communicated by* Dr. Tancred Robinſon *Fellow of the College of Phyſicians, and R. S. with his Remarks on it.*

*SIR,*

MR. Robinſon *tells me you deſire the Relation of* Henry Jenkins, *which is as followeth.*

When I came firſt to live at *Bolton*, it was told me, there lived in that Pariſh a Man near an Hundred and fifty Years Old; that he had Sworn as Witneſs in a Cauſe at *York* to an Hundred and twenty Years, which the Judge reproving him for, he ſaid, he was Butler at that time to the Lord *Conyers*; and they told me, that it was reported his Name was found in ſome old Regiſter of the Lord *Conyers*'s Menial Servants; but truly it was never in my Thoughts to en-

enquire of my Lord *Darcy*, whether this laſt particular was true or no; for I believed little of the Story for a great many Years; till one Day being in my Siſters Kitchin, *Henry Jenkins* coming in to beg an Alms, I had a mind to examin him; I told him he was an Old Man, who muſt ſuddenly expect to give an Account to God, of all he did or ſaid; and I deſired him to tell me very truly how Old he was: He pauſed a little, and then ſaid, that to the beſt of his Remembrance he was about One hundred ſixty two or three; and I asked him what Kings he remembred? He ſaid *Henry* VIII; I asked what Publick thing he could longeſt remember? He ſaid *Flowden-field*; I asked whether the King was there? He ſaid no, he was in *France*, and the Earl of *Surry* was General; I asked him how old he might be then? He ſaid, I believe I might be between Ten and Twelve; for, ſays he, I was ſent to *Northallerton* with a Horſe-Load of Arrows, but they ſent a bigger Boy from thence to the Army with them. I thought by theſe Marks I might find ſomething in Hiſtories, and look'd into an old Chronicle that was in the Houſe, and I did find that *Flowden-field* was an Hundred fifty two Years before; ſo that if he was Ten or Eleven Years Old, he muſt be One hundred ſixty two Years, or three, as he ſaid when

I examined him. I found by the Book, that Bows and Arrows were then uſed, and that the Earl he named was then General, and that King *Henry* VIII. was then at *Tourney*, ſo that I don't know what to Anſwer to the Conſiſtencies of theſe things, for *Henry Jenkins* was a poor Man, could neither Write nor Read: There were alſo four or five in the ſame Pariſh, that were reputed all of them to be an Hundred Years Old, or within two or three Years of it, and they all ſaid he was an elderly Man ever ſince they knew him; for he was born in another Pariſh, and before any Regiſters were in Churches, as it is ſaid; he told me then too, that he was Butler to the Lord *Conyers*, and remembred the Abbot of *Fountains-Abby* very well, who uſed to drink a Glaſs with his Lord heartily, and that the Diſſolution of the Monaſteries he ſaid he well remembred.

*Ann Saville.*

This *Henry Jenkins* departed this Life the eighth Day of *December*, 1670. at *Ellerton* upon *Swale*.

The Battle of *Flowden-field* was Fought upon the ninth Day of *September*, in the Year of our Lord 1513

*Henry Jenkins* was twelve Years old when *Flowden-field* was Fought, ſo he lived 169 Years. Old

Old *Parre* lived One hundred fifty two Years nine Months; ſo that *Henry Jenkins* out-lived him by computation ſixteen Years, and was the oldeſt Man born upon the Ruins of this *Poſt-diluvian* World.

This *Henry Jenkins* in the laſt Century of his Life was a Fiſherman, and uſed to wade in the Streams; his Diet was Coarſe and Sowr; but towards the latter end of his Days he begged up and down; he hath Sworn in Chancery and other Courts, to above 140 Years Memory, and was often at the Aſſizes at *York*, whether he generally went a-foot: And I have heard ſome of the Country Gentlemen affirm, that he frequently ſwam in the Rivers after he was paſt the Age of One hundred Years.

'Tis to be wiſhed that particular Enquiries where made, and anſwered, concerning the Temperament of this Man's Body, his manner of Living, and all other Circumſtances, which might furniſh many uſeful Inſtructions to thoſe who are curious about *Longævity*.

*Franciſco Lupatſoli* the *Venetian* Conſul at *Smyrna* liv'd 113 years, and had by his Wives and other Women about 50 Children; he uſed to pray for the Soul of all his defunct Miſtreſſes by name. He drank nothing but Water and Milk, ſometimes a ſmall Sherbet; his uſual Diet was ſmall

Soops

Soops of Fleſh, ſometimes of Bread, Water and Figs. He ſaw at that Age, or near it, without Spectacles, and could hear well. He drank no manner of Tea, Coffee, or Chocolet, nor any fermented Liquor. He went upright. He had ſome new black Hairs on his Head, and Mr. *Ray*, the *Engliſh* Conſul there, told me that he ſaw a Tooth cut in his upper Gum. He ſaid that he was potent for Women at that Age, and was known to give Mony for a ſhe young Slave to be kind with her. Towards his latter end he complain'd to a Doctor that his Eyes began to grow dim, and deſired a Remedy; the Doctor's name was *Barbatſcio*. He was a fair Man, of a middle Stature, *&c.*

Mr. *Ray* lodges at Mr. *Butlers* next door to Mr. *Holt*'s in *Charter-houſe-yard*.

Mr. *John Bill* related to that *Richard Lloyd*, born two Miles from *Montgomery*, was aged 133 within two Months, a ſtrong ſtraight and upright Man, wanted no Teeth, had no grey Hairs, which was of a darkiſh brown Colour; could hear well, and read without Spectacles; fleſhy and full cheek'd, and the Calves of his Leggs not waſted or ſhrunk, he could walk well: he was of a tall Stature: his Food was Bread, Cheeſe and Butter for the moſt part, and his Drink Whey, Butter-milk or Water,

and

and nothing elſe; but being by a Neighbour-Gentlewoman perſwaded to eat Fleſh-meat, and drink Malt-Liquors, ſoon fell off and died. He was a poor labouring Man in Husbandry, *&c.* To the truth of this, the Copy of the Regiſter produc'd affirm'd it.

Dr. *Lower*, Brother to our famous *Lower*, told me, that he ſaw a Man in the North of an extream Age, full or above ſixſcore; he lay on a Pad on the Ground in a dark, ſmoaky tatter'd Cottage, with a Clout or old Stocking that ſtopt a hole in (the next to no Wall) a Clay-plaſter'd hurdle, with a little Cow lying by him, chewing the Cud. I ask'd him what that hole in the Wall ſerv'd for? He told me that it ſerv'd to let out Smoak or let in the freſh Air, according as he wanted the one, or was oppreſs'd with t'other. I ask'd him what that Cow ſerv'd for, with her Mouth ſo near him? He anſwer'd, for refreſhment; for, ſaid he, the Breath of the Cow is a Cordial, and much refreſhes me when I am faint, *&c.* I askt him what Diet he us'd? He anſwer'd Oatmeal made into Water-pottage, and Potato's, and ſometimes a little Milk, when his Son and Daughter did not drink it from him. He ſaid that he had been a labouring Man all his Days, and that he never had been ſick

as

as he never could remember in his Life; that he eat very little Fleſh, *&c.*

As to being comforted with the Breath of the Cow, 'tis highly rational to believe it; for the Breath was warm, and muſt emit with it ſome volatile Salts, and fragrant Particles, analogous to our own Spirits. I have heard ſeveral Shepherds and other Cattle-keepers ſay, That in rouſing of their Herds from their Reſt in a Morning, the Steems not only of their Bodies, but even the *Effluvia* and ſcent of their Dung and Urine has been grateful and refreſhing, from thoſe ſalubrious volatile Salts that they draw in with their Breath in their Sheep-Folds, and Cow-Houſes, early in a Morning before the Beams of Light and Heat exhale them, and rob them of the beſt Noſe-gay in the World. And in the times of the Old Patriarchs, no doubt but that the whole Family lay upon the Ground, Old *Adam*'s firſt Floor, both Man and Beaſt, Wife and Children, which might be one cauſe of their long Life, *&c.* For in thoſe Days they were Strangers to the curſed Invention of tall Houſes and painted Roofs, which the Divine *Seneca*, *Socrates*, *Plato*, *Epictetus*, *Antoninus* the Emperor (who, as *Cauſabon* remarks, had more Kingdoms than ever *Soloman* had Towns, *&c.*); I ſay all theſe, and many

many others of the wiſe Philoſophers of all Ages have expos'd and rail'd at the Pride, Vanities and Unneceſſaries of *Life*, which is not only the Trouble, but the very Plague and Torment of it, according to the Poet,

*He that wou'd reſtleſs live in this ſhort* Life,
*Let him have a vain and faſhionable* Wife,
*From Top-knot* Shop *to Top-knot let her range,*
*And conſtant to nothing but to conſtant Change.*

But whilſt the Devil, that Spiritual Taylor, Prince of the Air, can ſo eaſily fly to *France*, and Monthly fetch us new Faſhions, 'tis never likely to be otherwiſe. What a ſhame is it, in the Church, the Houſe of God, where People ought to aſſemble in Sack-cloth and Aſhes to lament and mourn for their Sins, to come with a Buſhel of erected Head-geer, like ſo many walking Turrets? And the Men to diſguiſe themſelves with long dangling Perriwigs hanging to their Rumps, as if each had a *Bears-skin* at his Back, is a Shame to the ſober and chriſtian part of the World, in making the Church a Spiritual *Hide-Park*, an ogling Rendezvouz of Amoretto's and Lovers, rather than a Houſe of Prayer and Humiliation? Really this muſt be a great Offence even to the poor *Mumpers* that beg at the Church-door.

There is at the *Bath* an Old Fellow in the Summer-time, who is an aſſiſtant to the Play-houſe. I have obſerv'd this Old Fellow once in a week, or ſometimes oftner, to go to a Milk-houſe (where I uſed often to drink Milk) to fill a great Pitcher (which held at leaſt 6 or 7 Quarts) of new Butter-milk, but always kept it until it was ſowr, and then drank of that and nothing elſe all the Summer Months, *(i. e.)* from *April* or *May*, until *October*; the remaining part of the Year he drank either Water or ſmall Beer, tho' he told me that in his Youth he has ſometimes drank ſtrong Drinks, but they never agreed with him: And he alſo told me, that not above 2 Years ago he went from *Bath* to *London* on foot, in two Days, and came home to the *Bath* again in two Days more, and that he was then near 87 Years of Age, as may be ſeen by the Regiſter. He is a ſtraight upright Man, without ſtooping, and of his great Age moves wonderfully nimble. He has an ungrateful Name, tho' an honeſt Fellow, for it is *Seth Unthanke*. He was born in *Milfield*, in the County of *Northumberland*, in *Glendall Ward*, in the Year of our Lord, 1617. on the 29th of *September*, in the 15th Year of the Reign of King *James*, and was Baptiz'd in the *Kirk Newton*. He was the youngeſt of 22 Children. His eldeſt Siſter has

has been dead a Year. He has a Brother living 10 Years older than himself, his eldest Brother has been dead three Years. He has a Sister living in *Spittle*, within half a Mile of *Berwick*, 16 Years older than himself. His Unkle was 126 Years old, when he died, he was a Pensioner to the Bishop of *Durham*.

*Henry de la Grange d'Arquin* was born in *France* the 13th of *April* 1606. and was made Cardinal *D'Arquin* by *Innocent* XII. the 12th of *December*, 1625. He is now at *Rome*, and enjoys Health enough to deserve being called the youngest Man in it. He goes frequently on Foot, diverts himself more than any Body at Feasts, and has often Consorts of Musick at his House, where he entertains the Company with an air of Youth; he lives at liberty, and without constraint. He has a robust Complexion, and is not not subject to any indisposition but the Gout, which may proceed from his too much eating, having a most devouring Stomach. He is so little sensible of his great Age, that he often talks of going into *France* for a Year or two, and afterwards then return to *Rome*.

He deny'd himself no Pleasure in his Youth, and notwithstanding is very like to carry the same temperament and briskness to the Grave.

Mr. *Martin* in his deſcription of the Weſtern Iſlands of *Scotland* ſays, that *Donald Roy*, who lived in the Iſle of *Sand*, where they have neither Phyſick nor Phyſician, died lately in the 100th Year of his Age, and was able to Travel and manage his Affairs till about two Years before his death.

He makes mention of one that died about 18 Years ago, aged one hundred and forty, and of another who they ſaid died at one hundred and eighty.

At *Bean Soleil*, a Village near *Turin*, I ſaw, about three Years ago, an old Woman in the Inn that was 105 Years old, as her Grandſon told me, who was Maſter of the Inn. She was become from a tall proper Woman, a ſhort hump back'd Figure, but had all her Senſes in Perfection, and was continually employ'd in the drudgery of the Houſe, and had a prodigious Appetite, as I obſerved during my ſtay. She was reputed older by all the neighbouring Villages, and had never been Sick.

*It is to be noted, That this Village where ſhe lived, is famous for the beſt Air in* * Piedmont.

About two Years and a half ſince, going into the North Country, and lying at *North-*

* *This Account Dr.* Baynard *had from Dr.* Engliſh.

*Northampton*, I desired my Landlord of the Inn to shew me the Famous old Man so much talk'd of. When I came into his Room, I saw a short, broad-breasted old Fellow sit by the Fire-side on a low Stool: I ask'd him how old he was? he answer'd me, that he was 128 and ½. I ask'd him about a great many memorable things done near a 100 Years since, some whereof he perfectly remembred, as the coming in of King *James* the First *&c.* and farther said, that he was one of the 24 Morrice-Dancers that danc'd before him into the Town: But here I doubted my old Man's veracity, for if I am not mistaken, the King came in the *Yorkshire* Road, through *Huntington*. But however, I found him by all, and by the nicest enquiry I could make, that he was not far short of that Age, as appear'd by the Testimony of several People, some near, others above a hundred; and they all say, that he seem'd to be an old Man ever since they could remember. That he was born in the Town, but before Registers were used, *&c.* He had a very strong Voice, and spake very heartily and loud. He said (not designing it for a Jest) that he should never die so long as he could breath freely, which is no small Happiness. Diseases and Difficulties of the breathing Family, are

not only moſt troubleſome, but the moſt dangerous alſo; and I never knew a very old Man, but his reſpiration was very liberal, *&c.* And this agrees with the Sentiments of *Hippocrtes.* viz. *Facile ſpirare magni momenti eſt ad ſalutem*, &c. and *Jacob. Spon.* upon him; *Spirare enim facile partium Thoracicarum libertatem indicat*, &c. And upon this Article how many *Nurſes* and careleſs *Mothers* ought to be *hang'd* for their hard ſwathing poor helpleſs and tender *Infants*, &c? as in another Place I have ſaid more at large; nay I have ſeen a *Nurſe* lay her heavy *Hand*, and ſometimes her *Arm*, upon the *Breaſt* of a Child, as it lay *flat* and ſupine in her *Lap*, until it has been black in the *Face*; which tho' not always the preſent deſtruction of it, yet it gives the *Thorax* a cruſh, which the Child may never well recover as long as it lives, *&c.*

This old Man, whoſe Name was *John Bailes*, told me, that he had buried the whole Town of *Northampton*, except 3 or 4, 20 times over. Strong Drink, quoth the old Man, kills 'em all. He told me that he never was drunk in his Life, and that Water, ſmall Beer and Milk was his drink, ſometimes taken *per ſe*, ſometimes mix'd, and that his Food was, for the moſt part, brown Bread and Cheeſe; he cared not much for Fleſh Meats. He was a ſenſible

ſible old Fellow, and had no Diſeaſe but Blindneſs, which had ſeiz'd him not above four or five Years, *&c.*

Mr. *Robinſon* Miniſter of *Ousby* in *Cumberland*, has wrote me ſeveral Letters of poor People that have liv'd to extream old Ages, of a hundred or more, and that upon enquiry, he moſtly found that they lived upon the *lacticinia*, eſpecially on Whey and ſowr Butter-Milk, and Oat-bread. *&c.* he alſo wrote me Word, and I have heard it confirm'd by many other *Cumberland* Gentlemen, That a Man ſleeping on ſome Mineral Bank, the Steams and *Effluvia* of it had turn'd that ſide of his Hair which lay next the Ground as white as Snow, as alſo one Eye-brow, and half his Beard, which before was as black as a Raven. This Miniſter atteſted this (*verba ſacerdotis*) at *Child*'s Coffee-Houſe at the Weſt end of St. *Paul*'s Church, before Major *Roycroft* and ſeveral others. Mr. *Robinſon* deſir'd it to be recorded in the Philoſophical Tranſactions, but I hear it was oppos'd by Sir *Tiffany Sleefy* the Muſlin-Man.

Mrs. *Hudſon*, Mother to Mr. *George Hudſon* a Solicitor in Chancery, lived a hundred and five Years, and then died of an acute Diſeaſe, by catching Cold. Her Eyes were ſo very good, that ſhe could ſee

to thread a Needle at that great Age: Her Food was nothing (or very little elſe) ſave Bread and Milk all her Life time.

Mr. *Johnſton*, the Father of my learned Friend Dr. *Johnſton* of *Warwick*, always a ſtrong luſty Man, dy'd at a hundred and eleven. His uſual Drink was Milk and Ale, or Milk and ſmall Beer mixed together.

That Milk is of a ſalubrious, ſafe and ſweet Nouriſhment, is evident by many Nations that eat much of it, and live long. One Inſtance of it is at *Croydon* in *Surry*; a Phyſician of good worth and learning was ſo kind as to give me an account of himſelf, who has conquer'd a Diſtemper, and acquir'd a good Conſtitution by his drinking of Milk only, eating and drinking nothing elſe for theſe 6 or 7 Years paſt. His *Quantum* is a quart in a Morning, a quart at Noon, and a Pint at Night, without Bread *&c.* and to this quantity he exactly keeps; ſometimes he drinks it hot, ſometimes cold, as for his conveniency it happens.

All thoſe that have written of the Iſlands of *Scotland*, &c. ſay, That the *Whig* or Whey they boil'd with ſweet Herbs, and barrel'd it up for their *Potus ordinarius*.

A hundred Examples of this kind may be found to confirm the Doctrin of Temperance and a cool Diet, as neceſſary to the prolongation of *Life*; but if an *Angel* from

from Heaven ſhould come down and Preach it, one *Bottle* of *Burgundy* would be of more force with this *Claret-ſtew'd* Generation than ten Tun of *Arguments* to the contrary, tho' never ſo demonſtrable and divine, *&c.*

*But when alas! Men come to die*
*Of Dropſy, Jaundice, Stone and Gout,*
*When the* black *Reckoning draws nigh,*
*And Life (before the Bottle)'s out:*

*When (low drawn) Time's upon the* Tilt,
*Few Sands and Minutes left to run;*
*And all our (paſt gone)* years *are ſpilt,*
*And the great* Work *is left undone:*

*When reſtleſs* Conſcience *knocks within*
*And in* Diſpair *begins to baul,*
Death *like a Drawer then ſteps in,*
*And asketh,* Gentlemen! *d'ye call?*

*I wiſh that* Men *would, timely, think*
*On this great Truth in their full* Bowls,
*Both* I *and* WILL. *of* Ludgate-hill,
*And all our Friends round* Pauls.

As the Divine *Herbert* has *it,*
*A Verſe may find him whom a Sermon flies,*
*And turn Delight into a Sacrifice.* &c.

A

*A ſhort dehortatory* Poem *to a* Claret-Prone *Kinſman and Godſon of mine, againſt immoderate* Drinking.

*PAſs by a* Tavern-door, *my* Son,
*This ſacred* Truth *write on thy Heart;*
*'Tis eaſier, Company to ſhun,*
*Than at a* Pint *it is to part.*

*For one* Pint *draws another* in,
*And that* Pint *lights a* Pipe;
*And thus inth' Morn, they tap the* Day,
*And* drink *it out e'er Night.*

*Not dreaming of a ſudden Bounce,*
*From* Vinous Sulphurs *ſtor'd within;*
*Which blows a* Drunkard *up at once,*
*When the Fire takes* Life's *Magazin.*

*An* Apoplexy *kills as ſure,*
*As* Cannon Ball; *and oft as ſoon;*
*And will no more yield to a Cure,*
*Than murd'ring* Chain-ſhot *from a Gun.*

*Why ſhould Men dread a* Cannon *bore?*
*Yet boldly 'proach a Pottle* Pot,
*That may fall ſhort, ſhoot wide, or o're,*
*But* Drinking *is the ſurer* Shot.

*How many* Fools *about this Town,*
*Do Quaff and Laugh away their* Time?
*And Nightly knock each other down,*
*With Clarret* Clubs, *of* No-Grape *Wine!*

*Until*

*Until a Dart from* Bacchus *Quiver,*
*As* Solomon *deſcribeth right,*
*Does ſhoot his* Tartar *thro' the* Liver
*Then* (Bonus Nocious) Sot, *good Night.*
*Good* Wine *will* Kill *as well as* bad,
*When drank beyond (our Nature's) bounds;*
*Then* Wine *gives* Life *a mortal* Stab,
*And leaves her* weltring, *in her Wounds.*
*Wounds! that no Phyſick Art can* heal,
*And very rarely that they feel*
*The* Stroke, *the Moment it does Kill.*

## Virgil's *Cold Bath,*

Deſcribing a People invigorated and hardn'd by uſing to waſh in the *Cold Streams* from their Infancy, *&c.*

Æneid. 9. juxta finem.

*Durum e ſtirpe genus, natos ad flumina primum*
*Deferimus ſævoq; gelu, duramus & undis.*

Paraphras'd

*A Hardy People from their Childhood bold,*
*Deſcended from a* Race *inur'd to Cold;*
*Bathing their Infant-limbs in Winters* Flood
*Reverberates the Heat upon their Blood;*

*The*

*The rous'd-up* Flame *makes the whole fluid* boil
*Deſtils brisk Spirits from good Blood and Chyle,*
*Bracing the Nerves, and fibrous Muſcles tight*
*For Battle ſtrong, for Hunting ſwift in flight.*
*This bars the doors through which Life's vigour* (*ſtrays,*
*And locks th' Pores up with a cold bunch of Keys*
*So* Vulcan *forging Shields for th' Sons of* Mars,
*'Tis* Thetis *makes his glowing Fire ſo fierce;*
*For as he blows ſhe ſprinkles on the Coal,*
*The open'd* Sulphur *gives to Fire a Soul;*
*Thus from its contrary does Strength acquire,*
*And what would ſeem to quench does raiſe the fire.*
*So Man that often to the Streams reſorts,*
*His Life becomes an impregnable Fort;*
*Not only a keen* Appetite *creates,*
*But the whole vital Force invigorates,*
*And gives a Tone to all the Body's vents,*
*Perſpires in unſeen Smoke its Excrements;*
*Where every* Ductus *carries off his ſhare,*
*And every* Gland *is her own Scavenger.*
*(A Secret only known to th' learned* * Cole
*Who trac'd Dame* Nature *thro' her ſmalleſt hole,*

* Dr. Cole de Secretione Animal. & Ætiolog. ad Doct. Hub.

*Found*

*Found all her* Foils *ſo long lay hid in night,*
*And all her ſecret* Mewſes *brought to light,*
*And in the dark before where no Man come,*
*The* Pocher *catch'd her ſquat upon the form.)*
*Thus in the* Infant *is the* Man *made ſtrong,*
*Nothing but* Time *can ſhake his Garriſon;*
*For who ſo hardſhips from his Youth's inur'd,*
*From* Stone *and* Gout *and painful* Death's *ſe-*
*(cur'd.*
*And he that this way for old Age prepares,*
*Is ſure* (bar Accidents) *of a hundred Years.*
*Finds no decay,* is one *and ſtill the ſame,*
*And's mind* ſublimed *by a ſtronger Flame;*
*For ſure the* Soul *muſt take a great delight,*
*And act with Pleaſure where her* Organ's *bright:*
*For where the Body's ſound, and th' Mind is* *(clear,*
*Man in himſelf enjoys a* Heaven *there.*
*Thus* Nature *undiſturb'd in this bleſs'd State,*
*Renders the Paſſions* calm, *the Mind ſedate.*
*For where ſhe's warm* below *and cool* above,
*That happy Man can both inſtruct and* love.
*To Men his long Experience may impart,*
*To Women ſhew the green-houſe of his* Heart.

*Where*

*Where blooming* Love *is in its bloſſom gay,*
*For his* December *is their Month of* May
*Juſt in his* prime, *when other Men* decay,
*For all the tender* brood *do periſh ſoon,*
*Their ſetting* Sun *is his meridian* Noon;
*Whoſe vital* Heat *around his World does run,*
*And not confin'd to* Stages *like the* Sun.
*Thus at a hundred* Years *his third* brisk Wife *(enjoys,*
*And ſtocks a Village with his* Girls *and* Boys;
*With his Children's, Children's Children, toys (and plays,*
*And finds their Inclinations by their ways.*
*There ſees* himſelf *in every ſmile and laugh*
*In their young* Faces, *four Generations off.*
*But when the fatal Hour draws on,*
*For Man muſt die, tho' he live ne'er ſo long,*
*Time that diſarms the* Oak *will ſeize the ſtrong*
*Finds he decays, and muſt dear* Joan *forſake,*
*Yet he will* Cobble *where he cannot make.*
*Then comes the* Curſe, *when impotent deſire*
*Broods o'er the* Aſhes *of extinguiſh'd Fire:*

*For*

*For when the Power to act is past and dead,*
*The Ghost of Luſt then haunts the old Man's Head.*

I don't at all doubt but that Mr. *Would be Wiſe*, call'd a *Critick*, will be nibbling at this our *Book*, and indeed all that Write ſhould have ſome *Rubbiſh* in their Writings to make a *Bait* for *Critick*, who are catch'd like *Sparrows* in a Scrape of *Chaff*; and ſo becauſe they ſhan't loſe their expectation I only trull 'em a couple of Rumblers which, if they don't like, let them take any other that they do like, *viz.*

*This barrs the Doors thro' which Lifes Vigour ſtrays,*
*And locks th' Pores up with a cold bunch of Keys,* (&c.

Now if any Man ſhould have the misfortue *(as his Mother had)* to labour under the ſuperfetation of *Fool*, and ask the queſtion, Pray is it *true* that the Cold *Bath*, like a *Dutch*-Womans *Girdle*, or a Sexton of a Church, has a *Key* to every Pore in the *Skin?* I anſwer, that I could only have wiſh'd that he had liv'd in the time of *Eſop*; and have as'd him if it were true, that the *Horſe* talk'd to the *Hawk*, or the *Cat* to the *Kite*; would he not have told him he was a *Coxcomb?*

But

But if any, out of a felonious intent to pick a *Lock* or a *Quarrel* with my bunch of *Keys*, or any thing elſe contain'd in this Treatiſe, let him ſit down, ſmoak a ſober *Pipe*, take the Context with the Text, and read it quite through; then when he and I meet, we may ſhake Hands and be Friends, as being upon the *level*, for I never knew a bad Writer, but that there was a Fool Reader for him ready cut and dry'd, *&c.*

*For when a Book before a* Critick *lies,*
*He reads to* carp, *or* filtches *to be* Wiſe.

And now, Sir *John*, you and I may do as they do at Funds and Lotteries, e'en cloſe the Book, for I never intend (as at preſent I think) to write more upon this Subject, and once again am

*Sir,*

*Your moſt humble Servant,*

*London, March* 25. 1706. Edw. Baynard.

THE

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